

## Middle Schools DYK Lunch Menu

January 28-31, 2019

*Students must select 3 out of 5 meal components. One of the 3 components selected **"MUST"** be a fruit or Vegetable*



**Available Daily**  
**Sunbutter & Jelly Sandwich**  
**Turkey & Cheese Sandwich**  
(All Sandwiches are served on Whole Wheat Bread, Roll or Tortilla)

### **THIS WEEK'S DAILY SPECIALS**

**Monday** –Crispy Chicken Wrap

**Tuesday** – Buffalo Chicken Wrap

**Wednesday** –Garden Sub Sandwich

**Thursday** –Roasted Red Pepper Hummus Wrap

**Friday** –



### **Daily Special**

**Monday**

Beef Shepherd's Pie WW Roll

**Tuesday**

Taco Tuesday

**Wednesday**

Chicken Fried Steak Mashed Potatoes Gravy WW roll

**Thursday**

Pancakes & Sausage

**Friday**



**FIESTA CREATIONS STATION:**  
**Choice of :Nachos or Daily Entrée Special**



**Monday** –Spinach Salad WW Roll

**Tuesday** – Crispy Chicken Salad WW Roll

**Wednesday** –Cobb Salad WW Roll

**Thursday** – Buffalo Chicken Salad WW Roll

**Friday** –

Available Daily: Chef Salad



### **THIS WEEK'S DAILY SPECIAL'S**

Available Daily: Pepperoni Pizza or Cheese Pizza

**Monday** – Supreme Pizza

**Tuesday** –Sausage Pizza

**Wednesday** – Buffalo Chicken Pizza

**Thursday** – Ham & Pineapple Pizza

**Friday** -

(All Pizza's are prepared on Whole Grain Pizza Crust)



### **THIS WEEK'S DAILY SPECIAL'S**

(All Sandwiches are served on Whole Wheat Buns)

**Monday** – Corn Dog

**Tuesday** – BBQ Bacon Burger

**Wednesday** –Chicken Club Sandwich

**Thursday** – Chicken Parmesan

**Friday** -

Hamburger, Cheeseburger, WG Chicken Patty Sandwich Offered Daily