

## Middle Schools DYK Lunch Menu

January 7-11, 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** – Buffalo Chicken Wrap

**Tuesday** – Ham & Cheese Sub

**Wednesday** – Club Wrap

**Thursday** – American Sandwich

**Friday** – Turkey & Cheese Wrap



### Daily Special

**Monday**

Chili w/ Cheese & Fritos

**Tuesday**

Rotini & Meat Sauce

**Wednesday**

Meatloaf Cheesy Potatoes  
WW Roll

**Thursday**

Hot Ham & Cheese  
Chicken Rice Soup

**Friday**

Teriyaki Chicken Rice Bowl



### FIESTA CREATIONS STATION: Choice Of Nachos or Daily Entrée Special



**Monday** – Chicken BLT Salad WW Roll  
**Tuesday** – Crispy Chicken Salad WW Roll  
**Wednesday** – Taco Salad Tortilla Chips  
**Thursday** – Buffalo Chicken WW Roll  
**Friday** – Asian Chicken Salad WW Roll

Available Daily: Chef Salad



### THIS WEEK'S DAILY SPECIAL'S Available Daily: Cheese Pizza or Pepperoni Pizza

**Monday** – Pepperoni & Sausage Pizza

**Tuesday** – Sausage Pizza

**Wednesday** – Supreme Pizza

**Thursday** – Veggie Pizza

**Friday** – Buffalo Chicken Pizza

*(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** – BBQ Beef Riblet on Bun

**Tuesday** – BBQ Bacon Burger

**Wednesday** – BBQ Chicken Sandwich

**Thursday** – Corn Dog

**Friday** – Veggie Burger on WW Bun

**Hamburger, Cheeseburger, Spicy Chicken Patty Sandwich & WG Chicken Patty Sandwich, Spicy Chicken Patty Offered Daily**