

Middle Schools DYK Lunch Menu

January 14-18,2019

*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 - Antipasto Wrap

Wednesday – Buffalo Chicken Wrap

Thursday – Ham & Cheese Sub

Friday – American Sandwich



Daily Special

Monday

Chicken & Waffle

Tuesday

Taco Tuesday

Wednesday

Grilled Chicken Pita w/ Sesame Dressing

Thursday

Macaroni & Cheese

Friday

Cheese Or Pepperoni Pizzadilla



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



Monday –Cobb Salad WW Roll
Tuesday – Buffalo Chicken Salad WW Roll
Wednesday – Crispy Chicken Salad WW Roll
Thursday - Spinach Chick Pea Penne Salad
Friday – Buffalo Chicken Salad WW Roll

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 –Pepperoni &Sausage 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 – Corn Dog

Tuesday – Chicken Fried Steak Sandwich

Wednesday – BBQ Bacon Cheeseburger

Thursday – BBQ Beef Riblet on Ww bun

Friday- BBQ Chicken Sandwich

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