

Middle Schools DYK Lunch Menu

October 15-19,2018

*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 –Tuna Salad Sandwich

Wednesday –Buffalo Chicken Wrap

Thursday- American Sub Sandwich

Friday- Tuna Salad Wrap



Daily Special

Monday

Sweet & Sour Meatballs w/ Fried Rice

Tuesday

Pasta Bar

Wednesday

Bean & Cheese Burrito Enchilada Style

Thursday

Macaroni & Cheese

Friday

Sloppy Joe on WW Bun



FIESTA CREATIONS STATION:
Choice Of Nachos or Daily Entrée Special



Monday – Crispy Chicken Salad WW Roll
Tuesday –Buffalo Chicken Salad WW Roll
Wednesday – Cobb Salad WW Roll
Friday – Chicken Caesar Salad WW Roll

Available Daily:Chef Salad



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

Monday –Supreme Pizza

Tuesday –Sausage Pizza

Wednesday – Buffalo Chicken Pizza

Thursday –Ham & Pineapple Pizza

Friday –Pepperoni & Sausage

(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 –Grilled Cheese Sandwich

Tuesday – Buffalo Chicken Sandwich

Wednesday – BBQ Bacon Cheeseburger

Thursday –Corn Dog

Friday- BBQ Chicken Patty Sandwich

Hamburger, Cheeseburger, & WG Chicken Patty Sandwich Offered Daily