

Middle Schools DYK Lunch Menu

October 1-5, 2018

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



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

THIS WEEK'S DAILY SPECIALS

Monday – Buffalo Chicken Wrap

Tuesday – American Sub Sandwich

Wednesday – Crispy Chicken Wrap

Thursday – Garden Sub Sandwich

Friday – Turkey & Cheese Wrap



Daily Special

Monday

Oven Baked BBQ Chicken
 Baked Beans WW Roll

Tuesday

Taco Tuesday

Wednesday

Taco Pie

Thursday

Popcorn Chicken Mashed Potato
 Bowl WW Roll

Friday

Meatball Sub



FIESTA CREATIONS STATION:
Choice of Nachos or Daily
Entrée Special



Monday – Buffalo Chicken WW Roll
Tuesday – Southern Style Crispy Chicken Salad WW Roll
Wednesday – Spinach Salad WW Roll
Thursday – Beef Fiesta Salad Tortilla Chips
Friday – Crispy Chicken Salad WW Roll

Available Daily: Chef Salad



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

Monday – Pepperoni & Sausage Pizza

Tuesday – Sausage Pizza

Wednesday – Buffalo Chicken Pizza

Thursday – Ham & Pineapple Pizza

Friday – Supreme 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 – Grilled BBQ Chicken Sandwich

Tuesday – Corn Dog

Wednesday – Buffalo Chicken Sandwich

Thursday – BBQ Bacon Burger

Friday – Parmesan Chicken Sandwich

Hamburger, Cheeseburger, W G Chicken Patty Sandwich
 Offered Daily