

## Middle Schools DYK Lunch Menu

September 24-28, 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** – Buffalo Chicken Wrap

**Tuesday** – Ham & Cheese Sub

**Wednesday** – Garden Salad Wrap

**Thursday** – Chicken Salad Sandwich

**Friday** – Crispy Chicken Wrap



### Daily Special

**Monday**

Black Bean Taco Bake

**Tuesday**

Pasta Bar

**Wednesday**

Chicken Fried Steak Mashed Potatoes Gravy WW Roll

**Thursday**

Sweet & Sour Chicken w/ Brown Rice

**Friday**

Open Faced Hot Turkey Sandwich



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



**Monday** – Crispy Chicken Salad WW Roll

**Tuesday** – Garden Salad WW Roll

**Wednesday** – Taco Salad Tortilla Chips

**Thursday** – Hummus Box Salad

**Friday** – Buffalo Chicken Salad



### THIS WEEK'S DAILY SPECIAL'S

Available Daily: Pepperoni Pizza or Cheese Pizza

**Monday** – Pepperoni & Sausage Pizza

**Tuesday** – Sausage Pizza

**Wednesday** – Supreme Pizza

**Thursday** – Sausage 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** – Buffalo Chicken Patty Sandwich

**Tuesday** – Chicken Parmesan Sandwich

**Wednesday** – BBQ Bacon Burger

**Thursday** – Corn Dog

**Friday** - Buffalo Chicken Patty Sandwich

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