

Middle School

Dec 3- Dec 7, 2018

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Everyday Choice

*Bagel w/ Cream Cheese
Grab & Go Breakfast*



MONDAY	Ultimate Breakfast Round/ Ham & Cheese on English Muffin	V
TUESDAY	Biscuit w/ Country Gravy/ Sausage & Cheese Biscuit	
WEDNESDAY	Waffle bar w/ Fruit Compote & Toppings/ Ham & Cheese on English Muffin	V
THURSDAY	Fruit Muffin/ Sausage & Cheese Biscuit	V
FRIDAY	Cinnamon Rolls/ Ham & Cheese on English Muffin	V

Daily Special

12/5-National Comfort Food Day!



MONDAY	Chicken Nuggets w/ WW Roll and Roasted Corn	
TUESDAY	Nachos	V
WEDNESDAY	Rainbow Chili & Cheese/ Baked Potato w/ WW Roll	V
THURSDAY	Popcorn Chicken w/ Cheesy Mashed Potatoes and WW Roll	
FRIDAY	Pizza	V



Daily Special

MONDAY	Turkey & Cheese Sub/ Chef's Salad
TUESDAY	Ham & Cheese Sub/ Spicy Chicken Salad
WEDNESDAY	Italian Sub/ Chicken Caesar Salad
THURSDAY	American Sub/ Taco Salad
FRIDAY	Sunflower Butter & Jelly Sandwich/ Spicy Chicken Salad



This Week's Feature:

Cheeseburger/Hamburger
Spicy Chicken Sandwich
Chicken Patty Sandwich
Sunflower Butter & Jelly Sandwich- V
Hot/Cold Cheese Sandwich- V
Deli Bar-Build Your Own

Menus available online*

V Vegetarian We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options.
SP Smart Pick Smart Pick selections meet specific criteria for fat, sodium & calories.

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Nutrition Information is available upon request.



Middle School

Dec 10- Dec 14, 2018

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Everyday Choice

*Bagel w/ Cream Cheese
Grab & Go Breakfast*



MONDAY	Pancake & Sausage Breakfast on a stick w/ syrup Ham & Cheese on English Muffin	
TUESDAY	Ham & Cheese Breakfast Burrito w/ Salsa Sausage & Cheese Biscuit	
WEDNESDAY	French Toast Bar w/ Toppings Ham & Cheese on English Muffin	V
THURSDAY	WG Pancakes w/ syrup Sausage & Cheese Biscuit	V
FRIDAY	Cinnamon Rolls/ Ham & Cheese on English Muffin	V

Daily Special

12/12-Holiday Meal



MONDAY	Bean & Cheese Enchilada w/ Cilantro Lime Brown Rice	V
TUESDAY	Nachos	V
WEDNESDAY	Turkey Gravy w/ Mashed Potatoes and WW Roll	V
THURSDAY	Alaskan Fish & Chips	V
FRIDAY	Pizza Grilled Ham & Cheese w/ Tomato Soup	V



Daily Special

MONDAY	Turkey & Cheese Sub/ Chef's Salad
TUESDAY	Ham & Cheese Sub/ Spicy Chicken Salad
WEDNESDAY	Italian Sub/ Chicken Caesar Salad
THURSDAY	American Sub/ Taco Salad
FRIDAY	Sunflower Butter & Jelly Sandwich/ Spicy Chicken Salad



This Week's Feature:

Cheeseburger/Hamburger
Spicy Chicken Sandwich
Chicken Patty Sandwich
Sunflower Butter & Jelly Sandwich- V
Hot/Cold Cheese Sandwich- V
Deli Bar-Build Your Own

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Middle School

Dec 17- Dec 21, 2018

Our menus are aligned with the USDA's Healthier U.S. School Challenge.



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Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Everyday Choice

*Bagel w/ Cream Cheese
Grab & Go Breakfast*



MONDAY	Ultimate Breakfast Round Ham & Cheese on English Muffin	V
TUESDAY	Biscuit w/ Country Gravy Sausage & Cheese Biscuit	
WEDNESDAY	Waffle Bar w/ Fruit Compote & Toppings Ham & Cheese on English Muffin	V
THURSDAY	Tater Tot Breakfast Bowl w/ WWW Toast Sausage & Cheese Biscuit	V
FRIDAY	Cinnamon Rolls/ Ham & Cheese on English Muffin	V

Daily Special

12/21-Holiday Cookie Day!



MONDAY	Chili Verde Burrito w/ Mexican Black Beans	V
TUESDAY	Nachos	V
WEDNESDAY	Chicken Nuggets w/ Breadstick & Green Beans	
THURSDAY	Popcorn Chicken Bowl w/ WG Roll	
FRIDAY	Pizza w/ Blanched Broccoli	V



Daily Special

MONDAY	Turkey & Cheese Sub/ Chef's Salad
TUESDAY	Ham & Cheese Sub/ Spicy Chicken Salad
WEDNESDAY	Italian Sub/ Chicken Caesar Salad
THURSDAY	American Sub/ Taco Salad
FRIDAY	Sunflower Butter & Jelly Sandwich/ Spicy Chicken Salad



This Week's Feature:

Cheeseburger/Hamburger
Spicy Chicken Sandwich
Chicken Patty Sandwich
Sunflower Butter & Jelly Sandwich- V
Hot/Cold Cheese Sandwich- V
Deli Bar-Build Your Own

Menus available online*

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