

Nitschmann Middle School

February 2019



Secondary Lunch Prices:
Full: \$2.85
Reduced: \$0.40

V Indicates Vegetarian Option



Deli & Salad Bar Available Daily **V**

Our Made-to-Order Deli & Salad Bar includes a variety of meats, cheeses, and fresh vegetable choices to build your custom salad or sandwich
****Dinner Roll Offered With All Entrée Salads**

					1 General Tso Chicken served over Rice Steamed Broccoli
4 Corn Dog Baked Beans	5 Bacon, Egg, & Cheese on a Bagel Tater Tots	6 Spaghetti & Meatballs Served w/ a Dinner Roll Steamed Carrot Coins	7 Grilled Ham & Cheese Pretzel Melt Sandwich Red Pepper Strips	8 Chicken & Cheese Taquitos served w/ Brown Rice Steamed Green Beans	
11 Quesadilla Bar V (Cheese or Chicken & Cheese) w/ Salsa Steamed Corn	12 <u>Chinese New Year Celebration</u> Sweet & Sour Chicken served over Brown Rice Steamed Carrots Fortune Cookie	13 Pasta w/ Meat Sauce Served w/ Warm Garlic Breadstick Steamed Green Beans	14 EARLY DISMISSAL NO LUNCH SERVED		15 NO SCHOOL
18 NO SCHOOL		19 Breaded Chicken Drumstick w/ Biscuit & Side of Buffalo Dipping Sauce Marinated Chickpeas	20 Macaroni & Cheese with Dinner Roll V Steamed Green Beans	21 Twin Tacos Sweet Red Pepper Strips	22 Buffalo Chicken Bites served w/ Pretzel Bites Baked Sweet Potato Wedges
25 Beef & Bean Burrito served w/ Brown Rice Southwest Black Beans	26 French Toast Sticks V With or Without Sausage & Syrup Sweet Potato Wedges	27 Baked Ziti with V Warm Garlic Breadstick Steamed Green Beans	28 Meatball Parm Sub Carrot Snack Pack		



OFFERED DAILY:

Fresh Garden Side Salad plus Fresh Fruit and Fruit Cup in an inviting variety; Baked French Fries offered Tuesdays & Thursdays; 100% Juice offered daily. LIMIT ONE JUICE. 1% White Milk or Fat Free White, Fat Free Chocolate or Fat Free Strawberry Milk

Locally Grown items are offered whenever seasonally available



Offered Daily:

- *PB & Jelly Sandwich **V**
- *Fruit & Yogurt Parfait **V**

Offering a variety of Premade Sandwiches & Entrée Salads Daily

All Salads Come w/ WG Roll



EVERYDAY CHOICES

Cheeseburger, Hamburger, Chicken Patty & Spicy Chicken Patty

- Monday: Chicken Tenders w/ Roll
- Tuesday: Bacon Cheeseburger
- Wednesday: Mozzarella sticks w/ Marinara **V**
- Thursday: Pulled Pork Sandwich
- Friday: Beef Hot Dog



Cheese Pizza **V offered Daily**

- Monday- Sausage Pizza
- Tuesday- Pepperoni Pizza
- Wednesday- Meat Lover's Pizza
- Thursday- Buffalo Chicken Pizza
- Friday- French Bread Cheese Pizza **V**

All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts.

A variety of Vegetarian options available daily.

We are proud to offer chicken products that are 100% natural, contain NO artificial ingredients and contain NO antibiotics ever!

USDA is an equal opportunity provider and employer.