

Nitschmann Middle School

January 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 NO SCHOOL	2 NO SCHOOL	3 Chicken & Cheese Taqitos w/ Salsa Red Pepper Strips	4 Grilled Ham & Cheese Pretzel Melt Sandwich Sweet Potato Wedges
7 Quesadilla Bar V (Cheese or Chicken & Cheese) w/ Salsa Steamed Carrots	8 Buffalo Chicken Bites w/ Pretzel Bites Steamed Corn	9 Pasta w/ Meat Sauce Served w/ Warm Garlic Breadstick Steamed Green Beans	10 Nachos Supreme Refried Beans	11 Cheese Steak Sandwich Carrot Snack Pack
14 Cheesy Stuffed Breadsticks w/ Marinara V Celery Sticks	15 Breaded Chicken Drumstick w/ Biscuit & Side of Buffalo Dipping Sauce Steamed Corn	16 Macaroni & Cheese V with Dinner Roll Sweet Red Pepper Strips	17 Twin Tacos Southwest Black Beans	18 Sweet & Sour Chicken served over Brown Rice Steamed Carrots
21 NO SCHOOL	22 Meatball Parm Sub Baked Beans	23 Baked Ziti with V Warm Garlic Breadstick Steamed Green Beans	24 Turkey Carnita Bowl w/ Cilantro Lime Rice Citrus Glazed Carrots	25 Crispy Chicken Bowl with Mashed Potatoes, Corn, Gravy and Dinner Roll
28 Grilled Cheese Sandwich served w/ Tomato Soup V Sweet Red Pepper Strips	29 Cheesy BBQ Chicken Loaded Tots served w/ Biscuit Southwest Black Beans	30 Chicken Broccoli Alfredo Mac served w/ Dinner Roll Steamed Green Beans	31 Chicken Tenders & Mini Maple Waffles w/ Syrup Cherry Tomatoes	



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:** Chicken Bacon Ranch 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-** Chicken Bacon Ranch Pizza

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.