

# Main St Middle School

## September/October 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.

### Daily Special/Everyday

*Pepperoni and Cheese*

<b>MONDAY</b>	Hawaiian Pizza
<b>TUESDAY</b>	Meat Lover's Pizza
<b>WEDNESDAY</b>	Barbecue Chicken Pizza
<b>THURSDAY</b>	Sausage Pizza
<b>FRIDAY</b>	Buffalo Chicken Pizza

### Daily Special/Everyday

*Cheeseburger/Hamburger*



<b>MONDAY</b>	Bean & Cheese Burrito with Tortilla Chips	<b>V SP</b>
<b>TUESDAY</b>	Corn Dogs	
<b>WEDNESDAY</b>	Loaded Tater Tots with Shredded Cheese, Mozzarella, Bacon & Sour Cream	
<b>THURSDAY</b>	Hot Dog Sandwich	
<b>FRIDAY</b>	Spicy Chicken Tenders	



### Daily Special/Everyday

*Protein Pack*

<b>MONDAY</b>	Orange Chicken and Brown Rice	
<b>TUESDAY</b>	Alfredo Mac	<b>SP</b>
<b>WEDNESDAY</b>	Chicken Quesadilla	
<b>THURSDAY</b>	Breaded Chicken, Mashed Potatoes, Gravy	
<b>FRIDAY</b>	Teriyaki Dunkers with Rice	



### Daily Special/Everyday

*All American Sandwiches and Sub*

<b>MONDAY</b>	Chicken Caesar Salad	<b>SP</b>
<b>TUESDAY</b>	Fiesta Taco Salad on Tortilla Bowl	
<b>WEDNESDAY</b>	Fajita Chicken Salad	
<b>THURSDAY</b>	Chef Salad	
<b>FRIDAY</b>	Bacon Caesar Salad	



### Daily Special/Everyday

*Assorted Cereal & Graham Crackers*

<b>MONDAY</b>	Pancakes & Sausage or Zucchini Bread
<b>TUESDAY</b>	Ham, Cheese Egg Sandwich or Benefit Bar
<b>WEDNESDAY</b>	Breakfast Tacos, egg patty, tater tots, ham, cheddar and Oatmeal Chocolate Chip Cookie
<b>THURSDAY</b>	Breakfast Pizza or Assorted Muffins
<b>FRIDAY</b>	French Toast Sticks or Cinnamon Bun

**V Vegetarian**

**SP Smart Pick**

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

*This institution is an equal opportunity provider.*

Nutrition Information is available upon request.

