

September 2017

Middle School Lunch Menu

LUNCH



Lunch Price: \$2.85
 Reduced Price \$.40
 Menu Subject to change



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Assorted Sandwiches and Salads Offered Daily

Monday – Pizza
 Tuesday – Cheese Steak Sandwich
 Wednesday- Hamburger/ Cheeseburger
 Thursday – Hot Dog on WGR Roll
 Friday – Grilled Cheese Sandwich

1

4

5

6

Chicken Patty on WGR Roll
 Sweet Peas
 Chilled Fruit

7

Cheese Pizza
 Tossed Salad
 Fresh Fruit

8

11

Chicken Nuggets
 Dinner Roll
 Steamed Broccoli
 Chilled Fruit

12

Taco
 Seasoned meat with shredded cheese, Lettuce and tomato optional.
 Black Beans
 Fresh Apple

13

Pasta with Meat Sauce
 Garlic Bread
 Green Beans
 Chilled Pears

14

Hamburger or Cheeseburger on WGR Roll
 Oven Baked Fries
 Mandarin Oranges

15

Cheese Pizza
 Baby Carrots
 Fresh Fruit

18

Hot Dog on WGR Roll
 Baked Beans
 Chilled Peaches

19

Popcorn Chicken
 Dinner Roll
 Steamed Broccoli
 Fresh Orange

20

Breakfast for Lunch
 French Toast Sticks
 Sausage Patty
 Sweet Potato Wedges
 Choice of 100% Juice

21

Grilled Cheese Sandwich
 Cup of Tomato Soup
 Baby Carrots
 Cinnamon Applesauce

22

Cheese Pizza
 Tossed Salad
 Fresh Apple

25

Mozzarella Sticks
 Marinara Sauce
 Garlic Bread
 Green Beans
 Pineapple Tidbits

26

Nacho Grande
 Seasoned Meat and Cheese Sauce served over a bed of Nacho Chips.
 Black Bean Salad
 Chilled Pears

27

Chicken Patty on WGR Roll
 Carrots
 Cup of Mixed Fruit

28

Cheese Steak Sandwich
 Oven Baked Fries
 Fresh Orange Smiles

29

Cheese Pizza
 Romaine Lettuce and Tomato
 Chilled Pears