

# MIDDLE SCHOOL LUNCH MENU *Fall Cycle 1*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Macaroni and Cheese Mixed Vegetables Corn Bread</b>	<b>Philly Cheesesteak Sandwich</b>	<b>Chinese Chicken w/Broccoli Rice Bowl or Veggie Bowl Brown Rice w/Broccoli walnuts peas and Edamame</b>	<b>Local Artisan Pizzas Vegetarian and Meat Lovers</b>	<b>Cheese Ravioli &amp; Tomato Basil Sauce w/Garlic Bread Ceasar Salad</b>
<b>Buffalo Chicken or Cheese Pizza</b>	<b>Hummus Plate with Veggies and Toasted Naan Bread</b>	<b>Spicy Chicken Sandwich</b>	<b>Chicken and Cheese Quesadilla/Burrito</b>	<b>Safeway Submarine Special</b>
<b>Turkey or Cheddar Sandwich on WG Bread w/Lettuce and Tomato</b>	<b>Grilled Bean and Cheese Burrito</b>	<b>Ham &amp; Swiss Sandwich on WG Bread w/Lettuce and Tomato</b>	<b>Tuna Salad Sandwich on Whole Grain Bread</b>	<b>All Natural Peanut Butter and Jam Sandwich on WG Bread</b>
<b>Chicken Ceasar Salad or Vegan Salad</b>	<b>Garden Salad w/ Romaine, Tomato, Cucumber Carrots, Beets</b>	<b>Caesar Salad With Grilled Chicken or Garbanzo Beans</b>	<b>Fall Spinach Salad w/Feta, Cranberries Walnuts &amp; Apples</b>	<b>Chef's Salad with Turkey, Ham and Cheddar</b>
<b>WATERMELON, Apples Carrots, Celery sticks Crisp Garden Salads</b>	<b>Shredded Lettuce Bell Peppers, Onions Baby Carrots Nectarines,</b>	<b>Edamame Carrots, Cucumbers Granny Smith Apple Organic Strawberries</b>	<b>Fresh Cutie Oranges Plums Carrots Leafy Green Salad w/tomato and rainbow bell peppers</b>	<b>Leafy Green Spinach and Romaine, Tomatoes Cucumbers Beans Fresh local Organic Pears /Apples</b>

**Lunch MEAL \$4.00 MEAL includes: Entrée, Milk, Fresh Fruit & Salad Bar**

DAILY A LA CARTE OFFERINGS: Freshly Prepared Sandwiches – Turkey, Ham or PB& Jam Sandwich, Grab 'n' Go Entrée Salads, Yogurt w/Granola Bar.

Vegetarian/Vegan Options & Gluten Free entrees available upon request.

For any Special Diet Needs Please Contact Nutrition Services at 831-624-1821