



# SHAWNEE MISSION

SCHOOL DISTRICT

## Middle School Lunch Menu December 3 - 21, 2018



as of 9/21/18

| Week 1: | MONDAY 3  | TUESDAY 4   | WEDNESDAY 5   | THURSDAY 6   | FRIDAY 7   |
|---------|---|---|---|--|--|
|         | <b>Choice of:</b><br>Sweet & Sour Chicken with Rice<br>Baked Potato Bar with Banana Bread<br>Chicken Sandwich<br>Pizza Hut Pizza<br>Stuffed Crust Cheese Pizza<br>Deli Sandwich<br>Yogurt Parfait with Granola<br>PBJ Sandwich<br>Hummus & Pretzels<br><br><b>Served with:</b><br>Seasoned Fries<br>Steamed Broccoli & Cheese<br>Romaine Lettuce<br>Fresh Baby Carrots<br>Chilled Pineapple<br>Fresh Fruit<br>Fresh Red Peppers | <b>Choice of:</b><br>Chicken & Waffles<br>Pork Tenderloin Sandwich<br>Cheeseburger<br>Fiestada Pizza<br>Stuffed Crust Pepperoni Pizza<br>Deli Sandwich<br>Yogurt Parfait with Granola<br>PBJ Sandwich<br>Hummus & Pretzels<br><br><b>Served with:</b><br>Tater Tot<br>Roasted Vegetables<br>Romaine Lettuce<br>Fresh Baby Carrots<br>Fresh Celery<br>Chilled Mandarin Oranges<br>Fresh Grapes<br>Rosy Applesauce                | <b>Choice of:</b><br>Chicken Strips with Cheese Breadstick<br>Hot Ham & Cheese Sandwich<br>Chicken Sandwich<br>Pizza Hut Pizza<br>Stuffed Crust Cheese Pizza<br>Deli Sandwich<br>Yogurt Parfait with Granola<br>PBJ Sandwich<br>Hummus & Pretzels<br><br><b>Served with:</b><br>Mashed Potatoes with Chicken Gravy *<br>Green Beans<br>Romaine Lettuce<br>Fresh Baby Carrots<br>Fresh Cucumbers<br>Fresh Orange Wedges<br>Chilled Pears<br>Sugar Cookie | <b>Choice of:</b><br>Mozzarella Sticks<br>Spicy Popcorn Chicken<br>Cheeseburger<br>Fiestada Pizza<br>Stuffed Crust Pepperoni Pizza<br>Deli Sandwich<br>Yogurt Parfait with Granola<br>PBJ Sandwich<br>Hummus & Pretzels<br><br><b>Served with:</b><br>Seasoned Fries<br>Glazed Carrots<br>Romaine Lettuce<br>Fresh Baby Carrots<br>Fresh Broccoli<br>Fresh Cherry Tomatoes<br>Fresh Apple Slices<br>Chilled Fruit Cocktail     | <b>Choice of:</b><br>Corn Dog<br>Macaroni & Cheese with Garlic Toast<br>Spicy Chicken Sandwich<br>Pizza Hut Pizza<br>Stuffed Crust Cheese Pizza<br>Deli Sandwich<br>Yogurt Parfait with Granola<br>PBJ Sandwich<br>Hummus & Pretzels<br><br><b>Served with:</b><br>Potato Smiles<br>Baked Beans *<br>Romaine Lettuce<br>Fresh Baby Carrots<br>Fresh Cauliflower<br>Fresh Banana<br>Chilled Peaches     |
|         | <b>Choice of:</b><br>French Toast Sticks with Sausage<br>Chicken Burrito<br>Chicken Sandwich<br>Pizza Hut Pizza<br>Stuffed Crust Cheese Pizza<br>Deli Sandwich<br>Yogurt Parfait with Granola<br>PBJ Sandwich<br>Hummus & Pretzels<br><br><b>Served with:</b><br>Oven Potatoes<br>Cinnamon Apples<br>Romaine Lettuce<br>Fresh Baby Carrots<br>Fresh Celery<br>Fresh Fruit<br>Chilled Fruit Cocktail                             | <b>Choice of:</b><br>General TSO's Chicken with Rice<br>BBQ Rib Sandwich<br>Cheeseburger<br>Fiestada Pizza<br>Stuffed Crust Pepperoni Pizza<br>Deli Sandwich<br>Yogurt Parfait with Granola<br>PBJ Sandwich<br>Hummus & Pretzels<br><br><b>Served with:</b><br>Seasoned Fries<br>Stir Fry Vegetables<br>Romaine Lettuce<br>Fresh Baby Carrots<br>Chilled Pineapple<br>Fresh Cucumbers<br>Mixed Berries<br>Chocolate Chip Cookie | <b>Choice of:</b><br>Honey Sriracha Chicken with Garlic Toast<br>Chili with Scoops<br>Chicken Sandwich<br>Pizza Hut Pizza<br>Stuffed Crust Cheese Pizza<br>Deli Sandwich<br>Yogurt Parfait with Granola<br>PBJ Sandwich<br>Hummus & Pretzels<br><br><b>Served with:</b><br>Tater Tot<br>Corn<br>Romaine Lettuce<br>Fresh Baby Carrots<br>Chilled Peaches<br>Fresh Grapes<br>Frozen Fruit Cup  | <b>Choice of:</b><br>Chicken Nuggets<br>Country Fried Steak<br>Cheeseburger<br>Fiestada Pizza<br>Stuffed Crust Pepperoni Pizza<br>Deli Sandwich<br>Yogurt Parfait with Granola<br>PBJ Sandwich<br>Hummus & Pretzels<br><br><b>Served with:</b><br>Mashed Potatoes with Country Gravy *<br>Green Beans<br>Romaine Lettuce<br>Fresh Baby Carrots<br>Fresh Celery<br>Chilled Applesauce<br>Fresh Orange Wedges<br>Cinnamon Roll * | <b>Choice of:</b><br>Nachos<br>Shrimp Poppers with Garlic Toast<br>Spicy Chicken Sandwich<br>Pizza Hut Pizza<br>Stuffed Crust Cheese Pizza<br>Deli Sandwich<br>Yogurt Parfait with Granola<br>PBJ Sandwich<br>Hummus & Pretzels<br><br><b>Served with:</b><br>Tater Tot<br>Refried Beans<br>Romaine Lettuce<br>Fresh Baby Carrots<br>Fresh Veggie<br>Fresh Red Peppers<br>Fresh Fruit<br>Chilled Pears |
|         | <b>Choice of:</b><br>Mandarin Orange Chicken with Rice<br>Meatball Sandwich<br>Chicken Sandwich<br>Pizza Hut Pizza<br>Stuffed Crust Cheese Pizza<br>Deli Sandwich<br>Yogurt Parfait with Granola<br>PBJ Sandwich<br>Hummus & Pretzels<br><br><b>Served with:</b><br>Seasoned Fries<br>Steamed Edamame<br>Romaine Lettuce<br>Fresh Baby Carrots<br>Fresh Broccoli<br>Frozen Mangoes<br>Chilled Pineapple                         | <b>Choice of:</b><br>Walking Taco<br>Cheese Lasagna with Garlic Toast<br>Cheeseburger<br>Fiestada Pizza<br>Stuffed Crust Pepperoni Pizza<br>Deli Sandwich<br>Yogurt Parfait with Granola<br>PBJ Sandwich<br>Hummus & Pretzels<br><br><b>Served with:</b><br>Tater Tot<br>Black Beans<br>Romaine Lettuce<br>Fresh Diced Tomatoes<br>Fresh Baby Carrots<br>Fresh Fruit<br>Chilled Peaches   | <b>Choice of:</b><br><b>Holiday Meal</b><br>Chicken Nuggets with Roll<br>Roast Turkey with Roll<br>Chicken Sandwich<br>Stuffed Crust Cheese Pizza<br>Yogurt Parfait with Granola<br>PBJ Sandwich<br>Hummus & Pretzels<br><br><b>Served with:</b><br>Mashed Potatoes with Chicken Gravy *<br>Stuffing *<br>Green Beans<br>Romaine Lettuce<br>Fresh Baby Carrots<br>Fresh Grapes<br>Chilled Mandarin Oranges<br>Holiday Cookie *                          | <b>Choice of:</b><br>Popcorn Chicken<br>Cheesesteak Sandwich<br>Cheeseburger<br>Fiestada Pizza<br>Stuffed Crust Pepperoni Pizza<br>Deli Sandwich<br>Yogurt Parfait with Granola<br>PBJ Sandwich<br>Hummus & Pretzels<br><br><b>Served with:</b><br>Seasoned Fries<br>Cauliflower and Cheese<br>Romaine Lettuce<br>Fresh Baby Carrots<br>Fresh Green Peppers<br>Fresh Fruit<br>Chilled Applesauce                               | <b>Choice of:</b><br>Dill Chicken with Garlic Toast<br>Fish Munchies with Garlic Toast<br>Spicy Chicken Sandwich<br>Pizza Hut Pizza<br>Stuffed Crust Cheese Pizza<br>Deli Sandwich<br>Yogurt Parfait with Granola<br>PBJ Sandwich<br>Hummus & Pretzels<br><br><b>Served with:</b><br>Scalloped Potatoes *<br>Corn<br>Romaine Lettuce<br>Fresh Baby Carrots<br>Chilled Fruit<br>Fresh Fruit             |

WINTER BREAK  
December 24-31, 2018  
No School / Offices Closed

Offered Daily  
100% Juice  
Milk

Menu is subject to change due to availability.

This institution is an equal opportunity provider.

## Welcome to School Lunch!!

Eat Smart  
to Play Hard



Eat fruits & veggies at meals & for snacks

Secondary Lunch Prices:

|                 |        |
|-----------------|--------|
| Paid Student    | \$2.80 |
| Reduced Student | \$0.40 |
| Free Student    | \$0.00 |
| Adult           | \$3.70 |
| Visitor         | \$4.05 |



Students must choose a full portion of at least 3 of the 5 components to receive a full school lunch and at least one component must be a 1/2 cup of fruit or vegetable. Components include protein, grain, fruit, vegetable, and milk.

Individual items may be purchased at the a la carte price. For more info visit <http://foodservices.smsd.org>

\*These items are only available with school meal and cannot be purchased a la carte.