

Middle School 2021-22 Menu Cycle

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------|---|--|---|--|---|
| A | Chicago Style Eisenberg All Beef, All Natural Hot Dog on a WG Bun Baked Beans Fresh Fruit | WG RF Galaxy Deep Dish Cheese Pizza Vegetable Options Fresh Fruit | Baked Tyson Chicken Nuggets with Dipping Sauce Vegetable Options Fruit Cup WG Bread Option | WG Pasta w/ Italian RF Meat Sauce, Garlic Bread Green Salad with Vegetables Fruit Options | Special To Be Announced Fresh Fruits and Vegetables |
| B | Chicken and Waffle Sandwich Vegetable Options Fresh Fruit | WG RF Individual French Bread Pizza Vegetable Options Fresh Fruit | Baked Crispy Chicken Tenders with Dipping Sauce Hot Vegetable Fruit Cup WG Bread Option | Bosco Sticks w/marinara Vegetable Options Fresh Fruit | Special To Be Announced Fresh Fruits and Vegetables |
| C | RF All-Beef All Natural Hamburger or Cheeseburger on a WG Bun Vegetable Options Fresh Fruit | WG RF Wild Mike's Cheesy Bites w/ Marinara Sauce Vegetable Options Fresh Fruit | Baked Tyson Mega Minis Chicken Bites with Dipping Sauce Vegetable Options Fruit Cup WG Bread Option | RF Beef Taco Nachos w/ WG "Scoops" Tortilla Chips, RF Shredded Cheddar Cheese, Salsa and Refried Beans | Special To Be Announced Fresh Fruits and Vegetables |

To see which weeks "A," "B," or "C" foods are served; please refer to the "Cycle Calendar".

RF— Reduced Fat Item **WG**—Whole Grain Item * Turkey product **Chicken Product

OFFERED DAILY

Delicious Freshly Prepared Sandwiches
served on Whole Grain Breads, Rolls and Wraps

Peanut Butter and Jelly Uncrustable Sandwich

Muffin and All Natural Yogurt Lunch

Fresh Fruit and Vegetable Side Choices

1% and Skim rBST Free Milk Choices

HEALTHY FOODS and GOOD NUTRITION

are always on our menu!

We serve freshly prepared foods and ...

- ❖ RF (reduced-fat) baked entrées
- ❖ zero trans fat products
- ❖ low-fat cheese pizzas with WG (whole grain) crusts
- ❖ WG (whole grain) pasta, breads, rolls and buns
- ❖ whole white meat chicken products
- ❖ *a variety of fresh fruits and vegetables with all meals*

**We feature locally
grown produce.**
Check your Cafeteria
for details about the
farm and farm family
the featured fruits and
vegetables came from.

Menu subject to change

