

# 2022 2023 CPCSC MIDDLE SCHOOL BREAKFAST & LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<b>BREAKFAST ALL WEEKS</b> (Juice, fruit, milk served daily)	WG Cream Cheese Bagel WG French toast Sticks	WG Cereal & WG Cereal Bar WG Oatmeal bar	WG Banana Bread WG Cinni Minni	WG Confetti Pancakes Whole Grain Donut	WG Poptarts WG Pancake Wrap
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<b>LUNCH WEEK ONE</b>	WG Pizza      WG Turkey Sub      Low Fat Milk				
	WG BBQ Chicken Sandwich WG Chicken Nuggets Steamed Broccoli / Carrot Sticks Peaches / Fresh Fruit	WG Taco / WG Nacho Corn / Spanish Rice Tomatoes Mandarin Oranges / Fruit	Pasta with Bosco Stick Green Beans Garden Salad Pineapple / Fresh Fruit	WG Cheeseburger WG Corn Dog Tater Tots Carrot Sticks Applesauce / Fresh Fruit	WG Pretzel & Cheese WG Breaded Chicken Sandwich Baked Beans Fresh Veggies Fruit Cup / Sidekicks

<b>LUNCH WEEK TWO</b>	WG Pizza      WG Ham Sub      Low Fat Milk				
	WG Chicken Tenders / WG Roll WG Chicken Parmesan Sandwich Steamed Broccoli/Carrot Sticks Pineapple / Fresh Fruit	WG Quesadilla WG Walking Taco Refried Beans / Corn Red & Green Peppers Peaches / Fresh Fruit	Pasta with Bosco Stick Green Beans Garden Salad Applesauce / Fresh Fruit	WG Bulldog Chicken Bowl WG Chicken Drumstick Mashed Potatoes /WG Roll Corn / Carrot Sticks Mandarin Oranges / Fruit	WG French Toast Sticks Sausage WG Cheeseburger Hash Browns / Fresh Veggies Juice Cup / WG Cookie

<b>LUNCH WEEK THREE</b>	WG Pizza      WG Turkey Sub      Low Fat Milk				
	WG Orange Chicken WG Mozzarella Sticks w Marinara WG Brown Rice Steamed Broccoli Carrot Sticks Pineapple / Fresh Fruit	WG Taco / WG Nacho Spanish Rice / Corn Cherry Tomatoes Peaches / Fresh Fruit	WG Bosco Sticks WG Corn Dog Green Beans Garden Salad Applesauce / Fresh Fruit	WG Chicken Nuggets / WG Roll Mac and Cheese Baked Beans Sliced Cucumbers Mandarin Oranges/ Fruit	WG Pizza Crunchers WG Breaded Chicken Sandwich Carrots Fresh Veggies Fruit Cup / Sidekicks

AUGUST				
M	T	W	TH	F
		10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

SEPTEMBER				
M	T	W	TH	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

OCTOBER				
M	T	W	TH	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

All menus follow the recommended federal school lunch guidelines and adhere to the Crown Point Schools nutritional policy. These meals offer students proteins, grains, milk, fresh fruits and vegetables while also adhering to the strict limits on portion sizes, sodium and saturated fat.

**CONTACT US:**

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**CPCSC and our food services team is an equal opportunity provider.**

Please visit our website at [www.cps.k12.in.us/food](http://www.cps.k12.in.us/food) for:

- Online payments for My MealTime
- Nutritional information for all products
- Free and reduced applications
- Allergy information (call us to help plan a menu if your child has dietary restrictions)