

2022 2023 CPCSC MIDDLE SCHOOL BREAKFAST & LUNCH MENU



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|

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|---|---|---|-----------------------------------|---|--------------------------------|
| BREAKFAST ALL WEEKS (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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|-----------------------|--|---|--|---|---|
| LUNCH WEEK ONE | WG Pizza WG Turkey Sub Low Fat Milk | | | | |
| | WG BBQ Chicken Sandwich WG Chicken Nuggets Steamed Broccoli / Carrot Sticks Fresh Fruit | WG Taco / WG Nacho Corn / Spanish Rice Tomatoes Canned Fruit | Pasta with Bosco Stick Green Beans Garden Salad Fresh Fruit | WG Cheeseburger WG Corn Dog Tater Tots Carrot Sticks Canned Fruit | WG Pretzel & Cheese WG Breaded Chicken Sandwich Baked Beans Fresh Veggies Fresh Fruit / Sidekicks |

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

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| LUNCH WEEK THREE | WG Pizza WG Turkey Sub Low Fat Milk | | | | |
| | WG Orange Chicken WG Mozzarella Sticks w Marinara WG Brown Rice Steamed Broccoli Carrot Sticks Fresh Fruit | WG Taco / WG Nacho Spanish Rice / Corn Cherry Tomatoes Canned Fruit | WG Bosco Sticks WG Corn Dog Green Beans Garden Salad Fresh Fruit | WG Chicken Nuggets / WG Roll Mac and Cheese Baked Beans Sliced Cucumbers Canned Fruit | WG Pizza Crunchers WG Breaded Chicken Sandwich Carrots Fresh Veggies Fresh Fruit / 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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My Mealtime Food Service Coordinator - Michelle Simonovski- msimonovski@cps.k12.in.us
Free & Reduced Benefits Coordinator - Shelly Hillegonds—mhillegonds@cps.k12.in.us

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

Please visit our website at 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)