

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 2 grain 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

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

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

NOVEMBER				
M	T	W	TH	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

DECEMBER				
M	T	W	TH	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20			

JANUARY				
M	T	W	TH	F
			5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	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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 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)