

ATTEA AND SPRINGMAN MIDDLE SCHOOL 2022-23 Menu Cycle \$ 3.20

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------|---|---|---|---|---|
| A | Tyson Mega Minis Chicken Bites with Dipping Sauce, Bread Option Plant Based Chicken Nuggets^ with Dipping Sauce, Bread Option WG RF Cheese French Bread Pizza Fruit and Yogurt Parfait Oven Fries Baby Carrots / Peach Cup | Chicago Style Eisenberg All Beef, All Natural Hot Dog on a WG Bun OR Falafel Pita Sandwich WG RF Wild Mike's Ultimate Cheese Pizza Slice Baked Tyson Chicken Tenders with Dipping Sauce, Bread Option Vegetarian Chef Salad with Egg Baked Beans / Apple Slices | WG Pasta w/ RF Italian Meat Sauce, Garlic Bread OR Red Lentil Pasta with Marinara Sauce, Garlic Bread WG RF Deep Dish Cheese Pizza Baked Tyson Chicken Nuggets with Dipping Sauce, Bread Option Southwest Salad Tossed Romaine Salad / Fresh Grapes | RF Beef Taco Nachos w/ WG Tortilla Chips Bean and Cheese Burrito WG RF Cheese Pizza Tyson Baked Popcorn Chicken with Dipping Sauce, Bread Option Caesar Salad Refried Beans / Orange Smiles | <u>Special To Be Announced</u> Baked Tyson Breaded Chicken Patty on a WG Bun WG RF Bosco Cheese Breadsticks with Marinara Sauce Fruit and Yogurt Parfait Steamed Broccoli / 100% Juice |
| B | Tyson Mega Minis Chicken Bites with Dipping Sauce, Bread Option Plant Based Chicken Nuggets^ with Dipping Sauce, Bread Option WG RF Cheese French Bread Pizza Fruit and Yogurt Parfait Tri-Taters Fresh Broccoli Buds / Whole Apple | RF All Beef, All Natural Hamburger/Cheeseburger on a WG Bun OR Black Bean Veggie Burger^ on a Bun WG RF Wild Mike's Ultimate Cheese Pizza Slice Baked Tyson Chicken Tenders with Dipping Sauce, Bread Option Vegetarian Chef Salad with Egg Baked Beans / Applesauce Cup | WG RF Wild Mike's Cheesy Bites with Marinara Sauce WG RF Deep Dish Cheese Pizza Baked Tyson Chicken Nuggets with Dipping Sauce, Bread Option Southwest Salad Romaine Tossed Salad / Fresh Banana | RF Beef Taco Nachos w/ WG Tortilla Chips Bean and Cheese Burrito WG RF Cheese Pizza Tyson Baked Popcorn Chicken with Dipping Sauce, Bread Option Caesar Salad Refried Beans / Pear Cup | <u>Specials To Be Announced</u> Baked Tyson Breaded Chicken Sandwich on a WG Bun WG RF Bosco Cheese Breadsticks with Marinara Sauce Fruit and Yogurt Parfait Baby Carrots / Fresh Grapes |
| C | Tyson Mega Minis Chicken Bites with Dipping Sauce, Bread Option Plant Based Chicken Nuggets^ with Dipping Sauce, Bread Option WG RF Cheese French Bread Pizza Fruit and Yogurt Parfait Potato Smiles Baby Carrots / Mixed Berry Cup | BBQ Beef Rib Patty on a Bun WG RF Wild Mike's Ultimate Cheese Pizza Slice Baked Tyson Chicken Tenders with Dipping Sauce, Bread Option Vegetarian Chef Salad Vegetarian chef Salad with Egg Baked Beans / Applesauce Cup | WG Pasta w/ RF Italian Meat Sauce, Garlic Bread OR Red Lentil Pasta with Marinara Sauce, Garlic Bread WG RF Deep Dish Cheese Pizza Baked Tyson Chicken Nuggets with Dipping Sauce, Bread Option Southwest Salad Steamed Green Beans / Orange Smiles | RF Beef Taco Nachos w/ WG Tortilla Chips and Cheese Bean and Cheese Burrito WG RF Cheese Pizza Tyson Baked Popcorn Chicken with Dipping Sauce, Bread Option Caesar Salad Refried Beans / Fresh Grapes | <u>Specials To Be Announced</u> Baked Tyson Breaded Hot and Spicy Chicken Patty on a WG Bun WG RF Bosco Cheese Breadsticks with Marinara Sauce Fruit and Yogurt Parfait Grape Tomatoes / Fresh Cubed Melon |

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 ^ Morningstar Farms Brand

Entrée Items Served Daily- Grab and Go

PBJ Uncrustable Sandwich

Toasted Cheese Sandwich

Turkey and Cheese Sandwich

Yogurt/ Cheese Stick and Muffin Lunch

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
- ❖ Made with white meat chicken products
- ❖ A variety of fresh fruits and vegetables with all meals