

MARCH 2023 MIDDLE SCHOOL MENU

Full Pay Lunch -
\$3.40 - \$3.90
Full Pay Breakfast
\$1.85-\$2.00
There will be no charge for reduce price meals throughout the remainder of the 22-23 school year

Monday

6 JET'S Cheese or Pepperoni Pizza

13 JET'S Cheese or Pepperoni Pizza

20 JET'S Cheese or Pepperoni Pizza

Tuesday

7 Fiesta Bar
Beef or Chicken Tacos or Nachos w/ Toppings
Refried Beans

14 Fiesta Bar
Beef or Chicken Tacos or Nachos w/ Toppings
Refried Beans

21 Fiesta Bar
Beef or Chicken Tacos or Nachos w/ Toppings
Refried Beans

Wednesday

1 All Beef Hot Dog Bar
Fries

8 Chili Cheese Fritos Bowl

15 Greek Beef Gyro w/ Tzakti Sauce
Fries

22 *Try Something New!*
Turkey Burger
Waffle Sandwich

Thursday

2 Macaroni & Cheese
Garlic Breadstick
Steamed Broccoli

9 Cheese Lasagna
Garlic Breadstick
Steamed Broccoli

16 Pasta Bar
Garlic Breadstick
Steamed Broccoli

23 Cheese Cavatappi
Garlic Breadstick
Steamed Broccoli

Friday

3 **EMOJI Waffle & Chix**
and Sweet Potato Fries

10 Orange Chicken
Rice/Fortune Cookie
Asian Blend Veggies

17
Popcorn Chicken Bowl
Mashed Potatoes, Corn

24 **1/2 Day!**
No Lunch!

27-31

SPRING BREAK - NO SCHOOL!



All meals include Proteins & whole grains

At least 3/4 cup fruits and veggies and

1% white or chocolate milk

DAILY LUNCH OPTIONS!

CHICKEN PATTY SANDWICH - SPICY AND REGULAR
CHICKEN TENDERS
GRILLED BURGERS, CHEESEBURGERS, BOSCO STICKS
VARIETY OF ENTREE SALADS AND
GRAB AND GO SUBS AND WRAPS
AND MUCH MORE!!

Jet's Pizza: deep dish cheese,
pepperoni or veggie pizza filled with
marinara sauce and topped with
mozzarella cheese

Winter Favorite!

Frito Chili Bowl

Hot beef and bean Chil
topped with shredded cheddar cheese
and served over fritos

EMOJI Waffle and Chix

Crisp, chicken Tender served with EMOJI
Waffle and Syrup cup

Lasagna Roll-up: pasta noodles
filled with creamy ricotta and
mozzarella cheese, topped with
marinara sauce, served with garlic
breadstick

Chicken Patty Sandwich: lightly
breaded white meat chicken on a
whole grain bun with French Fries
offered on the side as a Vegetable

Chicken Tenders: Lightly breaded
white meat crispy chicken, served
with homemade roll and butter

Hot Dog Bar

All beef hot dog to served on a
whole grain bun with choice of
chili, cheese sauce and much
more!

Burgers

All Beef Patty with our without
American Cheese. Served on a WG
Bun with French Fries offered on
the Side as a Vegetable

Try Something New!

Turkey Burger Waffle Sandwich

Grilled Turkey Burger between 2 crisp waffles
with tangy coleslaw and spicy honey sriracha
sauce

Fiesta Bar

2 flour or corn tortilla chips filled
with chicken or beef, topped with
cheese with Lettuce, rice, beans
and optional toppings served on
the side.

Pasta Bar

Your choice of Pasta topped with
marinara sauce or Alfredo and
choice of meatballs or chicken
served with Broccoli and garlic
breadstick

Beef Gyros

Thin sliced Gyro Meat served on a
whole grain Pita with tangy cucumber
sauce and optional diced tomatoes
and onions
Served with Crispy French Fries

BREAKFAST

Offered Daily
in the Cafe 8:15-8:30am

Choose from
Yogurt Parfait
Bagels, Muffins
Cereal Bars, Cereal
All Breakfasts include up
to a full cup of fruit
and/or Juice and a 1%
white or chocolate milk

Fruit and Veggie Bar!

Offered Daily
Includes Michigan Produce
such as Blueberries, Cherries,
Michigan Lettuce, Legumes
and Apples
plus MUCH more Fruits and
Veggies to Choose from!



Gluten Free
option available per
medical request-
preorder required



Vegetarian and
Dairy Free options
available - preorder
required



MENU SUBJECT TO CHANGE WITHOUT NOTICE
THIS INSTITUTION IS AN EQUAL OPPORTUNITY
PROVIDER