

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ Pork Sandwich 42g Breaded Chicken Drumstick 6g BS12g French Bread Pizza 28g Grab n Go 29g-44g Specialty Salad 31-96g McCain Waffle Fries 17g Fresh Baby Carrots 11g / Dip 2g Fruit Choices Milk Choice 11g/19g	Walking Beef Tacos 34g Mini Corn Dogs 30g Spicy Chicken Sandwich 35g Grab n Go 29g-44g Specialty Salad 31g-96g Black Beans 1/2c 20g / Rice 1/2c 36g Fresh Broccoli 3g / Dip 2g Fruit Choices Milk Choice 11g/19g	Chicken Tenders 17g w BS 12g Sloppy Joe on Bun 36g Pizza 27g-34g Grab n Go 29g-44g Specialty Salad 31g-96g Cucumber Slices 1g / Dip 2g McCain Seasoned Wedges 20g Fruit Choices Milk Choice 11g/19g	Yang's Orange Chicken 19g Sriracha Boneless Wings 14g BS 12g Cheeseburger 29g Grab n Go 29g-44g Specialty Salad 31g-96g Steamed Rice36g / Stir Fry Veggies 6g Cherry Tomatoes 1g Fortune Cookie 2.5g Fruit Choices Milk Choice 11g/19g	Wild Mike's Cheese Bites 28g org. or jalapenos mar. sauce 6g Hot Ham (T) Cheese Pretzel Bun28g Chicken Sandwich 35g Grab n Go 29g-44g Specialty Salad 31g-96g Steamed Green Beans 4g Fresh Cauliflower 2g / Dip 2g Fresh Baked Cookie Milk Choice 11g/19g
Popcorn Chicken 17g w BS 12g Turkey & Gravy 2g w BS 12g French Bread Pizza 28g Grab n Go 29-44g Specialty Salad 31g -96g Mashed Potatoes 15g Steamed Corn 16g Fruit Choice Milk Choice 11g/19g	Pizza Quesadilla 39g WG Macaroni &Chez 29g BS 12g Spicy Chicken Sandwich 35g Grab n Go 29g-44g Specialty Salad 31g-96g Celery Sticks 3g Baby Carrots 11g / Dip 2g Fruit Choices Milk Choice 11g/19g	<p style="text-align: center;">LUNCH BUFFET</p> <p style="text-align: center;">Choose from a variety of entrees, fruits, vegetables, & breads Milk Choice Triple Berry Jonny Pop</p>	Yang's Orange Chicken 19g Chicken Sticks 16g w BS 12g Cheeseburger 29g Grab n Go 29g-44g Specialty Salad 31g-96g Steamed Rice36g / Broccoli3g & Dip 2g Cherry Tomatoes 1g Fortune Cookie 2.5g Fruit Choices Milk Choice 11g/19g	Pizza Crunchers 41g Hot Dog 28g Chicken Sandwich 35g Grab n Go 29g-44g Specialty Salad 31g-96g Crispy Seasoned Fries 22g Baked Beans * 39g Sidekick 22g Fruit Choices Milk Choice 11g/19g
Totally Taco Bites 3each 30g Yang's General Tso Chicken 23g French Bread Pizza 28g Grab n Go 29-44g Specialty Salad 31-96g Steamed Rice 36g Fresh Broccoli 3g & Cauliflower 2g/Dip 2g Fruit Choices Milk Choice 11g/19g	Soft Shelled Beef Tacos 37g Hot Ham (T) Cheese Pretzel Bun 28g Spicy Chicken Sandwich 35g Grab n Go 29g-44g Specialty Salad 31g-96g Black Beans 1/2c 20g / Rice 1/2c 36g Baby Carrots 11g / Dip 2g Fruit Choices Milk Choice 11g/19g	Pizza 27-34g French Toast 29g w Sausage Patty 1g Chicken Tenders 17g w BS 12g Grab n Go 29g-44g Specialty Salad 31g-96g Cucumber Slices 1g / Dip 2g Cherry Tomatoes 1g Otis Spunkmeyer Cookie 18g Fruit Choices Milk Choice 11g/19g	Yang's Orange Chicken 19g Wild Mike's Cheese Bites 28g org. or jalapenos mar. sauce 6g Cheeseburger 29g Grab n Go 29g-44g Specialty Salad 31g-96g Pea Pods 5g / Steamed Rice 36g Steamed Corn 16g Fortune Cookie 2.5g Fruit Choices Milk Choice 11g/19g	Mini Corn Dogs (C) 30g Hot Italian Sub 29g Chicken Sandwich 35g Grab n Go 29g-44g Specialty Salad 31g-96g Spinach Salad 1g McCain Potato Smiles 20g Celery Sticks 3g Sherbet 26g Fruit & Milk Choice 11g/19g
<p>Holiday menu</p> Jennie-O Turkey Gravy 2g WG Chicken Sandwich 35g Pizza 27-34g Mashed Potatoes 15g BS 12g Steamed Corn 16g Cranberry Sauce 25g Fruit Choice Milk Choice 11g/19g	<p style="text-align: center;">Fruit 1/2c</p> Apple Sauce Cups plain 14-cin 17 stb 17g Sliced Apples - 8 Banana - 27 Orange - 18 Grn Grapes - 22 Pineapple - 10 Cantaloupe - 7 Red Grapes - 28 Raisin - 30, Craisin - 28	<p style="text-align: center;">Canned Fruit 1/2c</p> Diced Pears 16g Diced Peaches 14g Mandarin Oranges 20g Pineapple 20g Mixed Fruit 15g	<p style="text-align: center;">Menus are subject to change.</p>	<p style="text-align: center;">Milk is included with lunch 2 Choices- 1% white or skim chocolate, reduced sugar</p> G-BS = Garlic Bread Stick BS = Bread Stick C Contains Chicken T Contains turkey # Contains peanuts or nuts * Contains pork

"This Institution is an Equal Opportunity Provider."

Middle School Lunch Menu