



Meal Price:
Students – No cost
Adults \$2.78+tax

March 2023

Middle SCHOOL LUNCH MENU

Grades K-12 are offer vs serve and must choose at least 3, up to 4, of the below mentioned items. One of the items must be a fruit.
 -Grain (all grain offerings count as 2 items)
 -Fruit (must pick 1)
 -Milk (pick up to 1)

Please Note:

All cereal bowls and bars are whole grain and served with a cheese stick

(WG) denotes whole grain

(P) denotes item may contain pork

| MON | TUES | WED | THURS | FRI |
|--|--|---|--|---|
| National School Breakfast Week March 6 – March 10 | | ¹ Fruit & Yogurt Parfait w/Granola Fruit & Milk | ² Assorted WG Muffins Fruit & Milk | ³ WG French Toast Sticks Fruit & Milk |
| ⁶ Assorted WG Cereal Offerings Fruit | ⁷ WG Donut Hole Fruit & Milk | ⁸ Fruit & Yogurt Parfait w/Granola Fruit & Milk | ⁹ Assorted WG Muffins Fruit & Milk | ¹⁰ WG French Toast Sticks Fruit & Milk |
| ¹³ Assorted WG Cereal Offerings Fruit | ¹⁴ WG Donut Hole Fruit & Milk | ¹⁵ Fruit & Yogurt Parfait w/Granola Fruit & Milk | ¹⁶ Assorted WG Muffins Fruit & Milk | ¹⁷ WG French Toast Sticks Fruit & Milk |
| ²⁰ Assorted WG Cereal Offerings Fruit | ²¹ WG Donut Hole Fruit & Milk | ²² Fruit & Yogurt Parfait w/Granola Fruit & Milk | ²³ Assorted WG Muffins Fruit & Milk | ²⁴ WG French Toast Sticks Fruit & Milk |
| ²⁷ Assorted WG Cereal Offerings Fruit | ²⁸ WG Donut Hole Fruit & Milk | ²⁹ Fruit & Yogurt Parfait w/Granola Fruit & Milk | ³⁰ Assorted WG Muffins Fruit & Milk | ³¹ WG French Toast Sticks Fruit & Milk |

Menus are subject to change.

Powering potential.



More Info...

Daily Milk Offerings: 1% White, Fat Free White, Fat Free Chocolate (all antibiotic & hormone free)

Daily Fruit Offerings: Apple, orange, plus 100% apple juice or 100% fruit punch

Daily Breakfast Offerings: Assorted WG cereal bars & bowls, assorted WG muffins, WG bagel w/ cream cheese, Egg & cheese sandwiches with or without Bacon (P) on WG roll, WG French Toast Stix



This institution is an equal opportunity providers