



# Middle Schools Lunch Menu

May - June  
2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	May 22	May 23	May 24	May 25	May 26
<b>Meat, Meat Alt. &amp; Grain</b> (Choose 1)	<ul style="list-style-type: none"> <li>Philly Cheese Steak Wrap</li> <li>Corn Dog</li> <li>Chef Salad w./Baked Sun Chips &amp; WG Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Orange Chicken &amp; Brown Rice</li> <li>Fruit &amp; Yogurt Parfait w/Granola</li> <li>Chef Salad w/Baked Chips &amp; WG Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Soft Shell Taco w/Cheese</li> <li>Deli Sandwich Combo</li> <li>Chef Salad w/Baked Chips &amp; WG Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Tenders w/Macaroni &amp; Cheese</li> <li>Fruit Yogurt Parfait w/Granola</li> <li>Chef Salad w/Baked Sun Chips &amp; WG Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Big Daddy Pepperoni Pizza</li> <li>Chicken Patty on a WG Bun</li> <li>Chef Salad w/Baked Sun Chips &amp; WG Muffin</li> </ul>
<b>Vegetable</b> (Choose 1-2)	<ul style="list-style-type: none"> <li>Sweet Potato</li> <li>Seasoned Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>Seasoned Broccoli</li> <li>Toss Salad w/Lettuce &amp; Tomato</li> </ul>	<ul style="list-style-type: none"> <li>Black Beans</li> <li>Tater Tots</li> <li>Salsa Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Carrot Sticks w/Dip</li> <li>Mixed Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Corn on the Cob</li> <li>Spring Salad Mix</li> </ul>
<b>Fruit</b> (Choose 1)	<ul style="list-style-type: none"> <li>Fresh Apple</li> <li>Frozen Peach Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Orange</li> <li>100% Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Fresh Fruit</li> <li>Frozen Peach Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Fruit in Season</li> <li>100% Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Peach Cup</li> <li>Fresh Seasonal Fruit</li> </ul>
<i>Week 2</i>	May 29	May 30	May 31	June 1	June 2
<b>Meat, Meat Alt. &amp; Grain</b> (Choose 1)	Holiday  Memorial Day	<ul style="list-style-type: none"> <li>RPS Burger w./ or w/o Cheese on a WG Bun</li> <li>Pizza Dippers</li> <li>Chef Salad w/Baked Sun Chips &amp; WG Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Teriyaki Chicken w/Rice</li> <li>Deli Sandwich Combo</li> <li>Chef Salad w/Baked Sun Chips &amp; WG Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Meatball Sub</li> <li>Fruit &amp; Yogurt Parfait w/Granola</li> <li>Chef Salad w/Baked Sun Chips &amp; WG Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Big Daddy's Cheese Pizza</li> <li>Chicken Patty on a WG Bun</li> <li>Chef Salad w/Baked Sun Chips &amp; WG Muffin</li> </ul>
<b>Vegetable</b> (Choose 1-2)		<ul style="list-style-type: none"> <li>Baked Crinkle Cut Fries</li> <li>Carrots Sticks</li> </ul>	<ul style="list-style-type: none"> <li>Black Beans</li> <li>Mixed Oriental Vegetables</li> <li>Carrot Sticks</li> </ul>	<ul style="list-style-type: none"> <li>French Fries</li> <li>Broccoli Cup w/Ranch</li> </ul>	<ul style="list-style-type: none"> <li>Seasoned Corn</li> <li>Spring Salad Mix w/Tomatoes</li> </ul>
<b>Fruit</b> (Choose 1)		<ul style="list-style-type: none"> <li>Fresh Orange</li> <li>100% Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Fresh Fruit</li> <li>Frozen Peach Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Fruit in Season</li> <li>100% Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Seasoned Fruit</li> <li>Frozen Peach Cup</li> </ul>
<i>Week 3</i>	June 5	June 6	June 7	June 8	June 9
<b>Meat, Meat Alt. &amp; Grain</b> (Choose 1)	<ul style="list-style-type: none"> <li>Oven Baked Chicken w/Breadsticks</li> <li>Hotdog on a Bun</li> <li>Chef Salad w/Baked Sun Chips &amp; WG Muffin</li> </ul>	<p><u>Breakfast for Lunch</u></p> <ul style="list-style-type: none"> <li>Turkey Sausage</li> <li>French Toast Sticks</li> <li>Fruit &amp; Yogurt Parfait w/Granola</li> <li>Chef Salad w/Baked Sun Chips &amp; WG Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Big Daddy's Pepperoni Pizza</li> <li>Chicken Tender w/Roll</li> <li>Chef Salad w/Baked Sun Chips &amp; WG Muffin</li> </ul>	Chef's Choice	Chef's Choice
<b>Vegetable</b> (Choose 1-2)	<ul style="list-style-type: none"> <li>Baked Beans</li> <li>Waffle Fries</li> </ul>	<ul style="list-style-type: none"> <li>Seasoned Corn</li> <li>Fresh Baby Carrots w/Dip</li> </ul>	<ul style="list-style-type: none"> <li>Steamed Broccoli</li> <li>Sweet Potatoes</li> </ul>	Chef's Choice	Chef's Choice
<b>Fruit</b> (Choose 1)	<ul style="list-style-type: none"> <li>Fresh Apple</li> <li>Frozen Peach Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Orange</li> <li>100% Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Seasonal Fresh Fruit</li> <li>Frozen Peach Cup</li> </ul>	Chef's Choice	Chef's Choice
<b>Milk</b> (Choose 1 per meal)	LF White   LF Chocolate   FF Skim				