

LUNCH MENU

Middle Schools, ICS, & STEM

September 4th - 8th

Our menus are aligned with the USDA's Healthier U.S. School Challenge.

**WHOLE GRAINS
SUPPORT HEALTHY
BRAINS!**

SEPTEMBER IS NATIONAL WHOLE GRAINS MONTH
This month, try and add more servings of whole grains to your diet. Whole grains benefit your heart, digestive health and more!



- WELCOME -
BACK TO SCHOOL



MONDAY	NO SCHOOL
TUESDAY	Fiesta Nachos with Vegetarian Option
WEDNESDAY	Spice House with Vegetarian Option
THURSDAY	Fiesta Nachos with Vegetarian Option
FRIDAY	Noodle Bowl with Vegetarian Option



Every Day Choices

Cheese Stuffed Breadsticks with Spaghetti Sauce(v)
Cheese Pizza Slice(v)
Pepperoni Pizza Slice

MONDAY	NO SCHOOL
TUESDAY	Buffalo Chicken Pizza
WEDNESDAY	Supreme Pizza
THURSDAY	Hawaiian Pizza
FRIDAY	Meatlover's Pizza



MONDAY	NO SCHOOL
TUESDAY	Glazed Chicken Drumstick with Rolls and Mixed Veggies
WEDNESDAY	WG Chicken & Potato Bowl with Gravy and Roll. Offered with Vegetarian Baked Beans
THURSDAY	Pasta with Meat Sauce and Rolls. Offered with Roasted Broccoli & Carrots
FRIDAY	WG Chicken & Waffles with Sweet Potato Fries and Syrup



THRIVE SIDES OFFERED DAILY WITH LUNCH CHOICES

Garden Greens plus a variety of Fresh & Canned Fruits & Vegetables. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk offered with all meals.



Daily Classic Grill Fare with Fries

Vegetarian Burger
WG Chicken Patty Burger
Spicy WG Chicken Patty Burger
Hamburger
Cheeseburger



MONDAY	NO SCHOOL
TUESDAY	Turkey Hot Dog
WEDNESDAY	BBQ Pulled Pork Sandwich
THURSDAY	Roasted Mushroom Swiss Burger
FRIDAY	Fishstick Po' Boy Sub



NEW! for Your Lunch Selection

Fiesta Dip Box(v)
Classic Hummus with Flatbread(v)
Protein PowerUp Box
Deli Bento Box with Flatbread

MONDAY	NO SCHOOL
TUESDAY	Strawberry Banana Parfait Cup(v) Hearty Garden Veg Salad with Rolls American Sub Chicken Caesar Wrap
WEDNESDAY	Classic Hummus Box with Flatbread(v) Crispy WG Chicken Salad with Rolls Italian Sub Buffalo Chicken Wrap
THURSDAY	Protein PowerUp Box Chicken Caesar Salad with Rolls Turkey & Cheese Sub Crispy WG Chicken Wrap
FRIDAY	Deli Bento Box with Flatbread Garden Fiesta Salad(v) with Rolls (Turkey) Ham & Cheese Sub Chicken Caesar Wrap

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Nutrition Information is available upon request.

