

LUNCH MENU

Middle Schools, ICS, & STEM

September 18th - 22nd

Our menus are aligned with the USDAs 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!



GLOBAL

- MONDAY** Spice House with Vegetarian Option
- 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** Sausage Pizza
- TUESDAY** Buffalo Chicken Pizza
- WEDNESDAY** Supreme Pizza
- THURSDAY** Hawaiian Pizza
- FRIDAY** Meatlover's Pizza

Wednesday Sept 20th



**NATIONAL
PEPPERONI PIZZA
DAY**



- MONDAY** Bean & Cheese Burrito(v) Offered with Aztec Corn and Black Beans
- TUESDAY** WG Ravioli Cheese Square in Tomato Sauce with Roll and Vegetarian Beans
- WEDNESDAY** WG Sweet & Sour Chicken Over Brown Rice with Roasted Broccoli and Carrots
- THURSDAY** Macaroni & Cheese with Aztec Corn and Black Beans
- FRIDAY** Cheese Omelet with Cinnamon Pinwheel and Tater Tot Hash



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.

THRIVE SIDES OFFERED DAILY WITH LUNCH CHOICES



Daily Classic Grill Fare with Fries

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



- MONDAY** Grilled Cheese Sandwich(v)
- 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** Fiesta Dip Box(v)
Chef Salad with Rolls
Turkey & Cheese Sub
Crispy WG Chicken Wrap
- 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.

