LUNCH MENU

Middle Schools, ICS, & STEM

September 18th - 22nd

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

SEPTEMBER IS NATIONAL WHOLE GRAINS MONTH





MONDAY Spice House with Vegetarian Option

Fiesta Nachos with Vegetarian Option **TUESDAY**

Spice House with Vegetarian Option WEDNESDAY

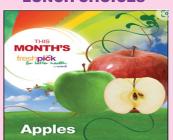
Fiesta Nachos with Vegetarian Option **THURSDAY**

Noodle Bowl with Vegetarian Option **FRIDAY**



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

Fishstick Po' Boy Sub **FRIDAY**



Every Day Choices

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

Sausage Pizza **MONDAY**

Buffalo Chicken Pizza **TUESDAY**

WEDNESDAY Supreme Pizza

THURSDAY Hawaiian Pizza

FRIDAY Meatlover's Pizza







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

Strawberry Banana Parfait Cup(v) **TUESDAY**

Hearty Garden Veg Salad with Rolls

American Sub Chicken Caesar Wrap

Classic Hummus Box with Flatbread(v) **WEDNESDAY**

Crispy WG Chicken Salad with Rolls

Italian Sub

Buffalo Chicken Wrap

Protein PowerUp Box **THURSDAY**

Chicken Caesar Salad with Rolls Turkey & Cheese Sub

Crispy WG Chicken Wrap

Deli Bento Box with Flatbread Garden **FRIDAY**

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.





Bean & Cheese Burrito(v) Offered with Aztec Corn MONDAY

and Black Beans

WG Ravioli Cheese Square in Tomato Sauce with **TUESDAY**

Roll and Vegetarian Beans

WEDNESDAY WG Sweet & Sour Chicken Over Brown Rice with

Roasted Broccoli and Carrots

Macaroni & Cheese with Aztec Corn and Black **THURSDAY**

Cheese Omelet with Cinnamon Pinwheel and **FRIDAY**

Tater Tot Hash

