

LUNCH MENU

Middle Schools, ICS, & STEM

September 25th - 29th

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!



- 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



Special Menu Item Offered On Monday

- MONDAY** **Boston Bites-** *Chicken Breast Parmesan Pasta or Cheese WG Lasagna with Roll & Vegetarian Beans*
- TUESDAY** French Toast Sticks & turkey Sausage with Hashbrown Potato Round
- WEDNESDAY** Sweet & Sour WG Chicken over Brown Rice with Roasted Broccoli & Carrots
- THURSDAY** Bean & Cheese Burrito with Aztec Corn and Black Beans
- FRIDAY** Beef Sloppy Joe with Mashed Potato



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

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Nutrition Information is available upon request.

