



2023 MIDDLESCHOOL MENU



STATIONS	MONDAY	TUESDAY	WEDNESDAY	HIGH SCHOOL THURSDAY'S	FRIDAY	
		2	3	4	5	6
Hot Entrée	French Toast Sticks & Chicken Sausage	Chicken Fingers & French fries	Pasta w/ Marinara Sauce & Fresh Hot Cheezy Bread	Philly Cheese Steak	Pizza Friday's Choice of Pepperoni	
Vegetables	Crispy Celery Sticks	Broccoli	Roasted Carrots	Sweet Potato Fries	Cauliflower	
Sandwiches	Ham & Cheese	Salami & Cheese	Italian Combo	Turkey & Cheese	Bologna & Cheese	
		9	10	11	12	13
Hot Entrée	Hot Digidy Dogs with all the Toppings	Taco Tuesday's	Cheese Ravioli w/Marinara	Sausage & Peppers	Bosco Cheese Sticks w/ Marinara	
Vegetables	New England Baked Beans	Black Bean Salad	Sauteed String Beans	Roasted Potatoes	Sauteed Spinach	
Sandwiches	Ham & Cheese	Salami & Cheese	Italian Combo	Turkey & Cheese	Bologna & Cheese	
		16	17	18	19	20
Hot Entrée	Pancakes w/ Chicken Sausage	Chicken & Broccoli Teriyaki and Brown Rice	Mac & Cheese w/whole wheat Roll	Hot Digidy Dogs with all the Toppings	Pizza Friday's Choice of Pepperoni	
Vegetables	Steamed Baby Carrots	Roasted Edamame	Broccoli	Roasted Broccoli	Baked Zucchini Rounds	
Sandwiches	Ham & Cheese	Salami & Cheese	Italian Combo	Turkey & Cheese	Bologna & Cheese	
		23	24	25	26	27
Hot Entrée	Maple Waffles w/ Roasted ChickenTenders	Nachos with all the Topping	Beef Ravioli Fresh Basil & Grated Cheese	SPUDS & NUGGETS	Pizza Friday's Choice of Pepperoni	
Vegetables	Broccoli	Braised Black Beans	Baked Cauliflower w/ Blue cheese	Broccoli	Carrot Sticks	
Sandwiches	Ham & Cheese	Salami & Cheese	Italian Combo	Turkey & Cheese	Bologna & Cheese	
		30	31			
Hot Entrée	Chicken Nuggets w/ BBQ Sauce	Ribblets				
Vegetables	French Fries	Corn				
Sandwiches	Ham & Cheese	Salami & Cheese				

Available Daily: Whole Wheat Breads and Bagels with String Cheese... Sunbutter & Jelly Sandwich. Assorted Whole Wheat Cereal, Granola Parfaits, Hummus and Crunchy Chips. Fresh Fruits: Various Seasonal Apples, Oranges, Bananas, 1% Milk and Juices are all included with your complete meal. Special Needs or Gluten Free are Upon Request.