

MIDDLE SCHOOL LUNCH



Lunch Pricing

Milk Only: \$0.50
Staff Lunch: \$4.50

SANDWICH OR SALAD SERVED DAILY AS AN ALTERNATE LUNCH

2 oz. Meat / Meat Alternate
2 oz. Whole Grains
8 oz. Milk
1/2 c. Fruit
3/4 c. Vegetables
Offered with every lunch

OUR FANTASTIC FRUIT TRAY AND RAINBOW VEGGIE TRAY AVAILABLE EVERY DAY WITH LUNCH

GLUTEN FREE AND VEGETARIAN MEALS AVAILABLE DAILY



Mon	Tue	Wed	Thu	Fri
		1 NACHOS! SEASONED BEEF WITH CREAMY CHEESE AND TORTILLA CHIPS LETTUCE & TOMATO SEASONED BROWN RICE CUCUMBER SLICES WITH RANCH DIPPING SAUCE FRESH APPLE	2 TURKEY GRINDER WITH PROVALONE CHEESE, LETTUCE & TOMATO SPINACH SALAD WITH BLACK BEANS AND BALSAMIC DRESSING DORITOS FRESH STRAWBERRIES	3 HOUSE MADE PIZZA ROMAINE MIXED SALAD WITH RANCH DRESSING FROZEN SLUSHIE
6 MIKES CHEESE BITES MARINARA SAUCE WARM BREADSTICK ROASTED CAULIFLOWER DICED PEACHES	7 PROFESSIONAL DEVELOPMENT NO SCHOOL	8 HOUSE MADE MACARONI & CHEESE GARLIC KNOT ROASTED GREEN BEANS DICED PEARS	9 HAM & CHEESE WRAP DORITOS FRESH BROCCOLI WITH HUMMUS APPLESAUCE	10 VETERANS DAY OBSERVED NO SCHOOL
13 MOZZARELLA STICKS MARINARA SAUCE HONEY WHEAT BISQUIT CINNAMON CARROTS DICED PEACHES	14 CHICKEN NUGGETS OVEN BAKED POTATO WEDGES GARLIC KNOT DINNER ROLL ROASTED BROCCOLI RAISINS	15 BRUNCH! FRENCH TOAST STICK TURKEY SAUSAGE HASH BROWN PATTIES CELERY STICKS APPLE SLICES	16 CHEESEBURGER ON A WHEAT ROLL VEGETARIAN BAKED BEANS DORITOS FRESH ORANGE	17 PIZZA CRUNCHERS ROMAINE CAESAR SALAD BANANA
20 MEATBALL GRINDER WITH PROVALONE CHEESE AND MARIANARA TATER TOT POTATOS APPLESAUCE	21 ROAST TURKEY DINNER! ROAST TURKEY WITH MASHED POTATOS & GRAVY MINI CORN MUFFINS CRANBERRY SAUCE ROASTED BROCCOLI FROZEN SLUSHIE	22 THANKSGIVING RECESS	23 THANKSGIVING RECESS	24 THANKSGIVING RECESS
27 BREADED CHICKEN SANDWICH SWEET POTATO FRIES STEAMED PEAS DICED PEARS	28 HOT DOG ON A WHEAT ROLL TATER TOT POTATOS VEGETARIAN BAKED BEANS GARLIC ROASTED GREEN BEANS APPLESAUCE	29 MANDARIN ORANGE CHICKEN FRIED RICE DINNER ROLL ROASTED CAULIFLOWER BANANA	30 HAM & CHEESE GRINDER WITH PROVALONE CHEESE, LETTUCE & TOMATO HOUSE MADE PASTA SALAD DORITOS DICED PEACHES	STUDENT NUTRITION PROGRAM GROTON PUBLIC SCHOOLS 