



# MIDDLE SCHOOL LUNCH MENU

# FEB

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**MEAL REQUIREMENTS**

Must select at least 3 of the 5 offered components:  
Meat/Meat Alternative;  
Grain; Veggie; Fruit; Milk

ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!

**1**

**GLOBAL FLAVORS**  
Spaghetti & Meatballs  
w/ Steamed Broccoli (HM/SC)

**SUPER FOODS**  
Crispy Chicken wrap (HM/SC)

**EVERYDAY SELECTS**  
Bosco Sticks (V)

**2**

**Big Daddy's Pizza**  
Cheese (V)  
Pepperoni  
Hawaiian

**SUPER FOODS**  
Tuna Salad Sandwich (HM/SC/E)

HM= HOMEMADE/SCRATCH MADE V= VEGTARIAN E= CONTAINS EGG

**5**

**GLOBAL FLAVORS**  
Chicken Drumstick  
w/ Corn & Biscuit (HM/SC)

**SUPER FOODS**  
Sunbutter & Jelly Sandwich  
with Cheese Stick (V)

**EVERYDAY SELECTS**  
Vegetable Burger (V)

**6**

**GLOBAL FLAVORS**  
Chicken Burrito Bowl (HM/SC)

**SUPER FOODS**  
Hearty Garden Salad  
with WG Roll (V)(HM/SC)

**EVERYDAY SELECTS**  
Teriyaki Burger /Cheese Burger (V)

**7**

**GLOBAL FLAVORS**  
Beef Rib-B-Que Sandwich  
with Potatoes

**SUPER FOODS**  
Chicken Pozole with Tortilla  
Chips (HM/SC)  
Vegetable Pozole with Tortilla  
Chips (HM/SC/V)

**8**

**GLOBAL FLAVORS**  
Soy Garlic Chicken & Vegetables  
over Steamed Rice (HM/SC)

**SUPER FOODS**  
Caesar Salad with Roll (HM/SC)(V)(E)

**EVERYDAY SELECTS**  
Spicy Chicken Sandwich with  
Potatoes

**9**

Sunbutter Sandwich (V)  
**(Only Fletcher)**

**Global Flavors**  
Meatball Sub

**New York Pizza**  
Hawaiian Pizza  
Pepperoni Pizza  
Cheese Pizza (V)

**12**

**GLOBAL FLAVORS**  
Pasta Alfredo w/Broccoli (HM/SC)(V)

**SUPER FOODS**  
Sunbutter & Jelly Sandwich  
with Cheese Stick (V)

**EVERYDAY SELECTS**  
Chicken Patty Sandwich

**13**

**GLOBAL FLAVORS**  
Homemade Cheese Quesadilla w/  
Pico di gallo (HM/SC)(V)

**SUPER FOODS**  
Chef Salad w/ WG roll (HM/SC)

**EVERYDAY SELECTS**  
Cheese Burger Twins

**14**

**GLOBAL FLAVORS**  
Beef Hotdog  
with Potatoes

**SUPER FOODS**  
Mac & Cheese with Roll (HM/SC)(V)

**EVERYDAY SELECTS**  
100% All beef Burger  
Cheese Burger

**15**

**GLOBAL FLAVORS**  
Spaghetti & Meatballs  
w/ Steamed Broccoli (HM/SC)

**SUPER FOODS**  
Crispy Chicken wrap (HM/SC)

**EVERYDAY SELECTS**  
Bosco Sticks (V)

**16**

Holiday  
No School

ALL ENTREES ARE OFFERED WITH FRESH FRUIT S & FRESH VEGETABLES AS WELL AS 1% WHITE MILK & NONFAT CHOCOLATE MILK

**19**

**No School**  
**Holiday**

**20**

**GLOBAL FLAVORS**  
Hot Chicken Burrito Bowl (HM/SC)

**SUPER FOODS**  
Hearty Garden Salad  
with WG Roll (V)(HM/SC)

**EVERYDAY SELECTS**  
Teriyaki Burger/ Cheese Burger (HM)

**21**

**GLOBAL FLAVORS**  
Beef Rib-B-Que Sandwich  
with Potatoes

**SUPER FOODS**  
Chicken Pozole with Tortilla Chips  
(HM/SC)  
Vegetable Pozole with Tortilla Chips  
(HM/SC/V)

**EVERYDAY SELECTS**  
Grilled Cheese Sandwich (V)

**22**

**GLOBAL FLAVORS**  
Soy Garlic Chicken & Vegetables  
(HM/SC)  
Soy Garlic Tofu &  
Vegetables (HM/SC/V)  
over Steamed Rice

**SUPER FOODS**  
Caesar Salad with Roll (HM/SC)(V)(E)

**23**

Sunbutter Jelly Sandwich (V)  
**(Only Fletcher)**

**Global Flavors**  
Meatball Sub

**New York Pizza**  
Hawaiian Chicken  
Pepperoni Pizza  
Cheese Pizza (V)

**26**

**GLOBAL FLAVORS**  
Pasta Alfredo w/Broccoli (HM/SC)(V)

**SUPER FOODS**  
Sunbutter & Jelly Sandwich  
with Cheese Stick (V)

**EVERYDAY SELECTS**  
Chicken Patty Sandwich

**27**

**GLOBAL FLAVORS**  
Homemade Cheese Quesadilla w/  
Pico di gallo (HM/SC)(V)

**SUPER FOODS**  
Chef Salad w/ WG roll (HM/SC)

**EVERYDAY SELECTS**  
Cheese burger Twins

**28**

**GLOBAL FLAVORS**  
Beef Hotdog  
with Potatoes

**SUPER FOODS**  
Mac & Cheese with roll (HM/SC)(V)

**EVERYDAY SELECTS**  
100% All beef Burger  
Cheese Burger

**29**

**GLOBAL FLAVORS**  
Spaghetti & Meatballs  
w/ Steamed Broccoli (HM/SC)

**SUPER FOODS**  
Crispy Chicken wrap (HM/SC)

**EVERYDAY SELECTS**  
Bosco Sticks (V)

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MEAL REQUIREMENTS**  
Must select at least 3 of the 5 offered components:  
Meat/Meat Alternative; Grain; Veggie; Fruit; Milk  
**ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!**

**2**  
**No School**  
**Winter Break**

**3**  
**No School**  
**Winter Break**

**4**  
**NO SCHOOL**  
**WINTER BREAK**

**5**  
**No School**  
**Winter Break**

HM= HOMEMADE/SCRATCH MADE V= VEGTARIAN E= CONTAINS EGG

**8**  
**No School**  
**Winter Break**

**9**  
**GLOBAL FLAVORS**  
Chicken Burrito Bowl (HM/SC)  
**SUPER FOODS**  
Hearty Garden Salad with WG Roll(V) (HM/SC)  
**EVERYDAY SELECTS**  
Teriyaki Burger /Cheese Burger

**10**  
**GLOBAL FLAVORS**  
Beef Rib-B-Que Sandwich with Potatoes  
**SUPER FOODS**  
COLD-Veggie & Teriyaki Chicken Lo Mein Salad (HM/SC)  
**EVERYDAY SELECTS**  
Grilled Cheese Sandwich (V)

**11**  
**GLOBAL FLAVORS**  
Asian Chicken & Vegetables over Steamed Rice (HM/SC)  
**SUPER FOODS**  
Caesar Salad with Roll (HM/SC)(V)(E)  
**EVERYDAY SELECTS**  
Spicy Chicken Sandwich with Potatoes

**12**  
Sunbutter Sandwich (Only Fletcher)  
**Global Flavors**  
Meatball Sub  
**Big Daddy Pizza**  
BBQ Pizza  
Pepperoni Pizza  
Cheese Pizza

ALL ENTREES ARE OFFERED WITH FRESH FRUIT S & FRESH VEGETABLES AS WELL AS 1% WHITE MILK & NONFAT CHOCOLATE MILK

**15**  
**Holiday**  
**NO SCHOOL**

**16**  
**GLOBAL FLAVORS**  
Homemade Cheese Quesadilla w/ Pico di gallo (HM/SC)(V)  
**SUPER FOODS**  
Chef Salad w/ WG roll (HM/SC)  
**EVERYDAY SELECTS**  
Cheese burger Twins

**17**  
**GLOBAL FLAVORS**  
Beef Hotdog with Potatoes  
**SUPER FOODS**  
Fiesta Taco Salad w/Tortilla Chips (HM/SC)(V)  
**EVERYDAY SELECTS**  
100% All beef Burgers

**18**  
**GLOBAL FLAVORS**  
Spaghetti & Meatballs w/ Steamed Broccoli (HM/SC)  
**SUPER FOODS**  
Crispy Chicken wrap (HM/SC)  
**EVERYDAY SELECTS**  
Bosco Sticks (V)

**19**  
**NEW YORK PIZZA DAY**  
Cheese (V)  
Pepperoni  
Hawaiian  
**SUPER FOODS**  
Tuna Salad Sandwich (HM/SC)

ALL ENTREES ARE OFFERED WITH FRESH FRUIT S & FRESH VEGETABLES AS WELL AS 1% WHITE MILK & NONFAT CHOCOLATE MILK

**22**  
**GLOBAL FLAVORS**  
Chicken Drumstick w/Corn & Biscuit (HM/SC)  
**SUPER FOODS**  
Sun Butter & Jelly Sandwich with Cheese Stick (V)  
**EVERYDAY SELECTS**  
Vegetable Burger (V)

**23**  
**GLOBAL FLAVORS**  
Chicken Burrito Bowl (HM/SC)  
**SUPER FOODS**  
Hearty Garden Salad with WG Roll (V) (HM/SC)  
**EVERYDAY SELECTS**  
Teriyaki Burger (HM)

**24**  
**GLOBAL FLAVORS**  
Beef Rib-B-Que Sandwich with Potatoes  
**SUPER FOODS**  
COLD-Veggie & Teriyaki Chicken Lo Mein Salad (HM/SC)  
**EVERYDAY SELECTS**  
Grilled Cheese Sandwich (V)

**25**  
**GLOBAL FLAVORS**  
Gen Tsao's Chicken & Vegetables (HM/SC)  
Gen Tsao's Tofu & Vegetables(HM/SC/V) over Steamed Rice  
**SUPER FOODS**  
Caesar Salad with Roll (HM/SC)(V)(E)

**26**  
Sunbutter Jelly Sandwich (Only Fletcher)  
**Global Flavors**  
Meatball Sub  
**Big Daddy Pizza**  
BBQ Chicken  
Pepperoni Pizza  
Cheese Pizza

ALL ENTREES ARE OFFERED WITH FRESH FRUIT S & FRESH VEGETABLES AS WELL AS 1% WHITE MILK & NONFAT CHOCOLATE MILK

**29**  
**GLOBAL FLAVORS**  
Pasta Alfredo w/Broccoli (HM/SC)(V)  
**SUPER FOODS**  
Sun Butter & Jelly Sandwich with Cheese Stick (V)  
**EVERYDAY SELECTS**  
Chicken Patty Sandwich

**30**  
**GLOBAL FLAVORS**  
Homemade Cheese Quesadilla w/ Pico di gallo (HM/SC)(V)  
**SUPER FOODS**  
Chef Salad w/ WG roll (HM/SC)  
**EVERYDAY SELECTS**  
Cheese burger Twins

**31**  
**GLOBAL FLAVORS**  
Beef Hotdog with Potatoes  
**SUPER FOODS**  
Fiesta Taco Salad w/Tortilla Chips (HM/SC)(V)  
**EVERYDAY SELECTS**  
100% All beef Burgers

**30**  
**No School**  
**Winter Break**

**31**  
**No School**  
**Winter Break**