

# LUNCH MENU<sub>3</sub>

## Middle Schools & ICS Feb 5th - 9th

Menu May Vary By School Site.  
Our menus are aligned with the USDAs Healthier  
U.S. School Challenge.



THRIVE SIDES OFFERED  
DAILY WITH LUNCH  
SELECTION

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.



- MONDAY** Pho (FU as in FUN!) Bowls  
(v) option included
- TUESDAY** Spice House Rice & Noodle Bowls  
(v) option included
- WEDNESDAY** Fiesta Nachos  
(v) option included
- THURSDAY** Spice House Rice & Noodle Bowls  
(v) option included
- FRIDAY** Fiesta Nachos  
(v) option included

### Daily Classic Grill Fare with Fries



**Vegetarian Rainbow Chili(v)**  
**Vegetarian Burger(v)**, Regular & Spicy WG  
Chicken Burgers, 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(v)



### Everyday Choices

**Cheese Stuffed WG Breadsticks with  
Spaghetti Sauce(v)**  
**Cheese Pizza(v)**  
Pepperoni Pizza

- MONDAY** Sausage WG Pizza
- TUESDAY** Buffalo Chicken WG Pizza
- WEDNESDAY** Supreme WG Pizza
- THURSDAY** Hawaiian WG Pizza
- FRIDAY** Meatlover's WG Pizza



**In a hurry? Grab Fast Takes-**  
*But Don't Forget to Select From the Thrive Bar!*

- MONDAY** Fiesta Dip Box(v)  
Chef Salad  
Turkey & Cheese Sub  
Crispy WG Chicken Wrap
- TUESDAY** Strawberry Banana Parfait(v)  
Garden Veg Salad(v)  
American Sub  
Chicken Caesar Wrap
- WEDNESDAY** Classic Hummus Box(v)  
Crispy WG Chicken Salad  
Italian Sub  
Buffalo Chicken Wrap
- THURSDAY** Protein PowerUp Box  
Regular(v) or Chicken Caesar Salad  
Turkey & Cheese Sub Crispy WG  
Chicken Wrap
- FRIDAY** Deli Bento Box  
Garden Fiesta Salad(v)  
(Turkey) Ham & Cheese Sub  
Chicken Caesar Wrap



### This Week's Features:



- MONDAY** **Bean & Cheese Burrito(v)**  
Aztec Corn with Black Beans
- TUESDAY** **Cheese WG Ravioli in Tomato Sauce(v)**  
Mixed Vegetables
- WEDNESDAY** Orange WG Chicken & Brown Rice  
Roasted Broccoli & Carrots
- THURSDAY** **WG Macaroni & Cheese(v)**  
Aztec Corn with Black Beans
- FRIDAY** **Cheese Omelet(v)** with Cinnamon Pinwheel  
Tater Tot Hash

*To file a complaint of discrimination,  
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Director, Office of Adjudication and  
Compliance, 1400 Independence Ave-  
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720-6382 (TTY). USDA is an equal  
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Nutrition Information is available upon request.

