

# LUNCH MENU 4

Middle Schools & **ICS**

Feb 12th -16th

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



- MONDAY** Pho (FU as in FUN!) with **Vegetarian** Option
- TUESDAY** Spice House with **Vegetarian** Option
- WEDNESDAY** Fiesta WG Nachos with **Vegetarian** Option
- THURSDAY** NO SCHOOL
- FRIDAY** NO SCHOOL



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

- MONDAY** Sausage WG Pizza
- TUESDAY** Buffalo Chicken WG Pizza
- WEDNESDAY** Supreme WG Pizza
- THURSDAY** NO SCHOOL
- FRIDAY** NO SCHOOL



- MONDAY** Beef Meatball Marinara Sub  
Mixed Vegetables
- TUESDAY** French Toast & Turkey Sausage  
Tater Tots
- WEDNESDAY** SweetnSour WG Chicken & Brown Rice Bowl  
Roasted Broccoli & Carrots
- THURSDAY** NO SCHOOL
- FRIDAY** NO SCHOOL



**THRIVE SIDES**  
**OFFERED DAILY WITH LUNCH ENTREES**

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.

## Daily Classic Grill Fare with Fries

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



- MONDAY** Cheese Sandwich(v)
- TUESDAY** Turkey Hot Dog
- WEDNESDAY** Big City Bites- Charleston BBQ Pulled Pork Sandwich
- THURSDAY** NO SCHOOL
- FRIDAY** NO SCHOOL



**Be sure to get your fruit or vegetable from the Thrive Bar to make your Fast Takes selection a complete meal!**

- MONDAY** Fiesta Dip Box(v)  
Chef Salad  
Turkey & Cheese Sub  
Crispy WG Chicken Wrap
- TUESDAY** Strawberry Banana Parfait(v)  
Hearty Garden Veg Salad(v)  
American Sub  
Chicken Caesar Wrap
- WEDNESDAY** Classic Hummus Box(v)  
Crispy WG Chicken Salad  
Italian Sub  
Buffalo Chicken Wrap
- THURSDAY** NO SCHOOL
- FRIDAY** NO SCHOOL

*To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.*

Nutrition Information is available upon request.

