

LUNCH MENU₃

Middle Schools & ICS March 11th - 15th

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.



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| MONDAY | Pho (FU as in FUN!) w/ Vegetarian Option |
| TUESDAY | Spice House Rice or Noodles w/ Vegetarian Option |
| WEDNESDAY | Fiesta Nachos w/ Vegetarian Option |
| THURSDAY | Spice House Rice or Noodles w/ Vegetarian Option |
| FRIDAY | Fiesta Nachos w/ Vegetarian Option |

Daily Classic Grill Fare with Fries

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



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| MONDAY | Grilled Cheese Sandwich(v) |
| TUESDAY | Turkey Hot Dog |
| WEDNESDAY | BBQ Pulled Pork Sandwich |
| THURSDAY | Roasted Mushroom Swiss Burger |
| FRIDAY | WG Fishstick Po'Boy Sub |



Everyday Choices

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

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| MONDAY | Sausage Pizza |
| TUESDAY | Buffalo Chicken Pizza |
| WEDNESDAY | Supreme Pizza |
| THURSDAY | Hawaiian Pizza |
| FRIDAY | Meatlovers |



In a hurry? Grab Fast Takes-

But Don't Forget to Select From the Thrive Bar!

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| MONDAY | Fiesta Dip Box(v) Chef Salad Turkey & Cheese Sub Crispy WG Chicken Wrap |
| TUESDAY | Blueberry Patch 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 w/ WG Flatbread Garden Fiesta Salad(v) (Turkey) Ham & Cheese Sandwich Chicken Caesar Wrap |



This Week's Favorite Features:



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| MONDAY | Beef Teriyaki Dippers w/WG Brown Rice Roasted Broccoli & Carrots |
| TUESDAY | WG Ravioli Cheese Square in Sauce(v) Mixed Vegetables |
| WEDNESDAY | Orange WG Chicken Nuggets w/WG Brown Rice Roasted Broccoli & Carrots |
| THURSDAY | WG Macaroni & Cheese(v) Aztec Corn with Black Beans |
| FRIDAY | Cheese Omelet w/Cinnamon Pinwheel(v) Tater Tot Hash |

To file a complaint of discrimination,
write U.S. Department of Agriculture,
Director, Office of Adjudication and
Compliance, 1400 Independence Ave-
nue, 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.

