

# LUNCH MENU<sub>4</sub>

## Middle Schools & ICS March 18th - 22nd

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!) 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



- MONDAY **Grilled Cheese Sandwich(v)**
- TUESDAY Turkey Hot Dog
- WEDNESDAY Big City Bites- Philly Style Cheesesteak Sub
- 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**

- 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!*

- 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:**



- MONDAY Beef Meatball Marinara Sub  
Mixed Vegetables
- TUESDAY French Toast Sticks with Turkey Sausage  
Tater Tots
- WEDNESDAY Sweet & Sour WG Chicken Nuggets w/WG Brown Rice  
Roasted Broccoli & Carrots
- THURSDAY Beef Teriyaki Dippser w/WG Brown Rice  
Roasted Broccoli & Carrots
- FRIDAY Beef or **Vegetarian(v)** Sloppy Joe  
Wedge Fries

*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  
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720-6382 (TTY). USDA is an equal  
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Nutrition Information is available upon request.

