

# LUNCH MENU<sub>5</sub>

## Middle Schools & ICS March 25th - 29th

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/ <b>Vegetarian Option</b>
TUESDAY	Spice House Rice or Noodles w/ <b>Vegetarian Option</b>
WEDNESDAY	Fiesta Nachos w/ <b>Vegetarian Option</b>
THURSDAY	Spice House Rice or Noodles w/ <b>Vegetarian Option</b>
FRIDAY	Fiesta Nachos w/ <b>Vegetarian Option</b>

### Daily Classic Grill Fare with Fries

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



MONDAY	<b>Grilled Cheese Sandwich(v)</b>
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**

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	<b>Fiesta Dip Box(v)</b> Chef Salad Turkey & Cheese Sub Crispy WG Chicken Wrap
TUESDAY	<b>Blueberry Patch Parfait(v)</b> <b>Garden Veg Salad(v)</b> American Sub Chicken Caesar Wrap
WEDNESDAY	<b>Classic Hummus Box(v)</b> Crispy WG Chicken Salad Italian Sub Buffalo Chicken Wrap
THURSDAY	Protein PowerUp Box <b>Regular(v)</b> or Chicken Caesar Salad Turkey & Cheese Sub Crispy WG Chicken Wrap
FRIDAY	Deli Bento Box w/ WG Flatbread <b>Garden Fiesta Salad(v)</b> (Turkey) Ham & Cheese Sandwich Chicken Caesar Wrap



### This Week's Features:



MONDAY	Chicken or <b>Tofu(v)</b> Tikka Masala WG Brown Rice & Roasted Cauliflower
TUESDAY	Chicken Alfredo Pasta Mixed Vegetables
WEDNESDAY	Pork Posole with WG Tortilla Chips Wedge Fries
THURSDAY	Turkey & Gravy with Mashed Potatoes Roasted Broccoli & Carrots
FRIDAY	WG Fishsticks & Chips with Tartar Sauce

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Nutrition Information is available upon request.

