

LUNCH MENU₁

Middle Schools & ICS April 1st - 5th

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



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



Everyday Choices

*Cheese 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** Meatlover's Pizza



This Week's Features:



- MONDAY** Turkey or **Lentil(v)** Taco Tot'chos
Roasted Seasoned Broccoli
- TUESDAY** Chicken Nuggets
Wedge Fries
- WEDNESDAY** WG Popcorn Chicken & Potato Bowl
Vegetarian Baked Beans
- THURSDAY** Butter Chicken or **Butter Tofu(v)**
Roasted Cauliflower
- FRIDAY** WG Chicken & Waffles
Sweet Potatoe Fries



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.

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** BCB- Louisiana Chicken Nugget Po' Boy Sub
- THURSDAY** Roasted Mushroom Swiss Burger
- FRIDAY** Fishstick Po' Boy Sub



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 w/String Cheese(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

*To file a complaint of discrimination,
write U.S. Department of Agriculture,
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.

