

LUNCH MENU₃

Middle Schools & ICS April 15th - 19th

Menu May Vary By School Site.
Our menus are aligned with the USDA's 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 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 **Fiesta Dip Box(v)**
Chef Salad
Turkey & Cheese Sub
Crispy WG Chicken Wrap
- TUESDAY **Blueberry Patch Parfait(v) w/String Cheese
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 Teriyaki Dippers w/WG Brown Rice
Roasted Broccoli & Carrots
- TUESDAY **Cheese Quesdailav)**
Aztec Corn & Black Beans
- WEDNESDAY Orange WG Chicken Nuggets w/WG Brown
Rice
Roasted Broccoli & Carrots
- THURSDAY **WG Macaroni & Cheese(v)**
Mixed Vegetables
- FRIDAY Pancake & Turkey Sausage Stick
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.

