



September 2024

Sells Middle School LUNCH MENU

Daily Features Includes:

- > Cheeseburger
- > Crispy Chicken Breast Sandwich
- > Spicy Crispy Chicken Breast Sandwich
- > Grilled Cheese
- > Pizza
- > SunButter & Jelly Sandwich
- > Potatoes

Fresh Seasonal
Fruit & Veggie
Bar

All Lunches
Must Include
Choice of:
Fruits and/or
Vegetable
And May
Include:
1% Low-Fat
Milk

Powering
potential.

Grill Specials May Include:
Chicken Nuggets, Mini Chicken
Corn Dogs, Cheese Quesadilla,
Bacon Cheeseburger, Hot Dog,
Chicken Tenders or Popcorn
Chicken

MON	TUES	WED	THURS	FRI
No School ² Labor Day	Beef Nachos ³ Vegetable Baja Sala w/ Roll Flatbread Pizza Kit -----Sides----- Refried Beans Diced Pears	Popcorn Chicken Potato Bowl w/ Roll ⁴ Turkey Chef Salad w/ Roll Soft Pretzel, Yogurt & Cheese Stick Kit -----Sides----- Fresh Broccoli Diced Peaches	BBQ Chicken & Cheddar Flatbread ⁵ Fresh Apple, Yogurt & Cheese Stick Kit w/ Roll Ham & Cheese Sandwich -----Sides----- Tater Tots Applesauce	National Cheese Pizza Day ⁶ Cheesy Baked Perne Chicken & Cheese Salad w/ Roll Chicken Ham & Cheese Sub -----Sides----- Rainbow Blend Vegetables Fresh Orange Wedges
Soft Beef Tacos ⁹ Chicken & Cheese Salad w/ Roll Muffin, Yogurt & Cheese Kit -----Sides----- Black Beans Mixed Fruit	Breaded Mozzarella Pizza Crunchers ¹⁰ Fresh Apple, Yogurt & Cheese Stick Kit w/ Roll Chicken Ham & Cheese Sub -----Sides----- Tater Tots Diced Pears	Pancake Bites w/ Cheesy Scrambled Eggs ¹¹ Italian Salad w/ Roll Turkey & Cheese Sub -----Sides----- Celery Sticks Warm Cinnamon Peaches	Chicken Tenders w/ Rice & SunButter Thai Sauce ¹² Fresh Garden Salad w/ Roll Pizza Bagel Kit -----Sides----- Sweet Golden Corn Apples Slices	Buffalo Popcorn Chicken Mac & Cheese ¹³ Egg Chef Salad w/ Roll Hummus & Fresh Veggie Plate -----Sides----- Spinach Salad Fresh Orange Wedges
Popcorn Chicken w/ Lo Mein ¹⁶	Limited Time Offer ¹⁷ Chicken Katsu Bowl	Spaghetti w/ Beef Sauce ¹⁸	Breakfast for Lunch! ¹⁹ Waffles & Turkey Sausage Links	Beef Meatball Sub ²⁰
Chicken Ham Chef Salad w/ Roll Flatbread Pizza Kit -----Sides----- Steamed Broccoli Mixed Fruit	Popcorn Chicken Salad w/ Roll Hummus & Fresh Veggie Plate -----Sides----- Waffle Fries Diced Pears	Egg Chef Salad w/ Roll Soft Pretzel, Yogurt & Cheese Stick Kit -----Sides----- Fresh Baby Carrots Diced Peaches	Fresh Garden Salad w/ Roll Ham & Cheese Sandwich -----Sides----- Wango Mango Juice Applesauce	Vegetable Baja Salad w/ Roll Turkey & Cheese Sub -----Sides----- Three Bean Salad Fresh Orange Wedges
Breaded Fish Bites & Yellow Rice ²³ Fresh Garden Salad w/ Roll Turkey & Cheese Sub -----Sides----- Crinkle Cut French Fries Mixed Fruit	Chicken Parnesan Flatbread ²⁴ Ham Chef Salad w/ Roll Soft Pretzel, Yogurt & Cheese Stick Kit -----Sides----- Steamed Baby Carrots Diced Pears	Nacho Cheese Walking Taco ²⁵ Vegetable Baja Salad w/ Roll Ham & Cheese Sub -----Sides----- Kickin' Pinto Beans Diced Peaches	Bean & Cheese Burrito ²⁶ Turkey Chef Salad w/ Roll Pizza Bagel Kit -----Sides----- Rainbow Blend Vegetables Apple Slices	Buzzer Beater Basket ²⁷ Popcorn Chicken Salad w/ Roll Muffin, Yogurt & Cheese Kit -----Sides----- Side Garden Salad Fresh Orange Wedges
Crispy Chicken Filet Sliders ³⁰ Egg Chef Salad w/ Roll Pizza Bagel Kit -----Sides----- Mashed Potatoes Mixed Fruit				



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Menus are subject to change.

Offered Daily:
1% White Milk, Fat Free White
and Flavored Milk

Lunch Price: \$2.80



This institution is an equal opportunity provider.

Don't forget to try our limited
time offer this month, a
Chicken Katsu Bowl. This bowl
has popcorn chicken, cucumber,
carrot ginger salad, katsu sauce
and whole grain rice!

