



### 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 Popcom Chicken

# MON TUES No School Reef Nachos

Labor Day

Soft Reef Tagos

Chicken & Cheese Salad

w/ Roll

Muffin, Yogurt & Cheese Kit

----Side s----

Black Beans

Mixed Fruit

Popcorn Chicken w/ Lo Mein

Chicken Ham Chef Salad

w/ Roll

Flatbread Pizza Kit

----Side s----

Steamed Broccoli

Mixed Fruit

Breaded Fish Bites &

Yellow Rice

Fresh Garden Salad w/Roll

Turkey & Cheese Sub

----Side s----

Crinkle Cut French Fries

Mixed Fruit

Crispy Chicken Filet Sliders

Egg Chef Salad w/Roll

Pizza Bagel Kit

----Sides----Mashed Potatoes

Mixed Fruit

Vegetable Baja Sala w/Rdl Flatbread Pizza Kit -----Sides------Refried Beans Diced Pears

Breaded Mozzarella Pizza
Crunchers
Fresh Apple, Yogurt & Cheese
Stick Kit w/ Roll
Chicken Ham & Cheese Sub
------Sides-----Tater Tots

Diced Pears

Limited Time Offer 17
Chicken Katsu Bowl
Popcorn Chicken Salad w/Roll
Hummus & Fresh Veggie Plate

-----Sides------Waffle Fries Diced Pears

Chicken Parmesan Flatbread

Ham Chef Salad w/ Roll
Soft Pretzel, Yogurt &
Cheese Stick Kit
-----Side s------

------Side s-------Steamed Baby Carrots Diced Pears

#### WED

Popcorn Chicken Potato Bowl
w/ Roll
Turkey Chef Salad w/Roll
Soft Pretzel, Yogurt &
Cheese Stick Kit
------Sides------

Fresh Broccoli Dice d Peaches

Pancake Bites w/ Cheesy

Scrambled Eggs

Italian Salad w/Roll
Turkey & Cheese Sub
-----Sides------

-----Sides------Celery Sticks Warm Cinnamon Peaches

Spaghetti w/ Beef Sauce

Egg Chef Salad w/ Roll

Soft Pretzel, Yogurt &

Cheese Stick Kit

-----Side s-----Fresh Baby Carrots
Diced Peaches

Vegetable Baja Salad w/ Roll

Nacho Cheese Walking Taco

Vegetable Baja Salad w/ Roll Ham & Cheese Sub

Kickin' Pinto Beans
Diced Peaches

#### **THURS**

BBQ Chicken & Cheddar Flatbread Fresh Apple, Yogurt & Cheese Stick Kit w/ Roll Ham & Cheese Sandwich

-----Side s-----Tater Tots
Applesa uce

Chicken Tenders w/ Rice & SunButter Thai Sauce

Fresh Garden Salad w/Roll

Pizza Bagel Kit
----Sides----Sweet Golden Corn
Apples Slices

Breakfast for Lunch! 19
Waffles & Turkey
Sausage Links

Fresh Garden Salad w/Roll Ham & Cheese Sandwich

-----Sides------Wango Mango Juice Applesauce

Bean & Cheese Burrito

Turkey Chef Salad w/Rdl Pizza Bagel Kit -----Sides-----

Rainbow Blend Vegetables
Apple Slices

#### **FRI**

#### National Cheese Pizza Day

Cheesy Baked Penne

Chicken & Cheese Salad w/ Roll Chicken Ham & Cheese Sub

-----Sides------Rainbow Blend Vegetables Fresh Orange Wedges

Buffalo Popcorn Chicken Mac & Cheese

Egg Chef Salad w/Roll Hummus & Fresh Veggie Plate

Spinach Salad
Fresh Orange Wedges

Beef Meatball Sub

Vegetable Baja Salad w/ Roll

Turkey & Cheese Sub
----Side s----Three Bean Salad
Fresh Orange Wedges

Buzzer Beater Basket

Popcorn Chicken Salad w/Roll Muffin, Yogurt & Cheese Kit

-----Sides------Side Salad

Side Garden Salad Fresh Orange Wedges

#### Now Hiring!!

Food Service is Hiring!

Work While Kids are in School

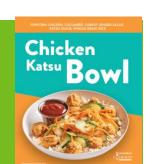
Great Benefits

Apply online @ www.aramark.com or scan the QR code

#### Menus are subject to change.



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!



#### Offered Daily:

1% White Milk, Fat Free White and Flavored Milk

Lunch Price: \$2.80



This institution is an equal opportunity provider.