

Fort Worth ISD Middle School Lunch 6-8th February 2025

Monday Tuesday

Wednesday Thursday





AFRICAN AMERICAN HISTORY MONTH

Breaded Beef Fingers with Dinner Roll Popcorn Chicken Salad with Baked Pretzel Mashed Potatoes Corn

Toasted Waffle with Sausage Chicken Fajita Nachos with Spanish Rice Meatlover's Pizza Turkey/Cheese Sandwich Green Beans Peas and Carrots



Chicken Meatball Sub Popcorn Chicken Salad with Garlic Breadstick French Fries Fresh Spinach Salad

6 Chi<mark>cken</mark> Alfredo with Garlic Breadstick Chicken Fajita Nachos with Spanish Rice Chili Cheese Tamale with Spanish Rice Yogurt and Cheese Plate with Baked Pretzel Roasted Zucchini Fresh Baby Carrot

Cheesy Grits with Dinner Roll Southwest Baked Potato with Garlic Breadstick Chicken Nuggets with Roll Chicken Corn Dog Chicken Cobb Salad with Baked Pretzel Mashed Potatoes Fresh Baby Carrots



10

Cheddar Cheese Nachos with Spanish Rice Meatlover's Pizza Grilled Cheese Sandwich Turkey/Cheese Sandwich Black Beans Fresh Cherry **Tomatoes**

11

Chicken Dumplings with Fried Rice Spicy Popcorn Chicken with Dinner Roll Chili Cheese Dog Popcorn Chicken Salad with Garlic Breadstick Roasted Broccoli Peas and Carrots

12

Beef Tamales with Cheese Sauce with Spanish Rice Powder Sugar Dusted French Toast Sticks with Sausage Buffalo Chicken Pizza Yogurt and Cheese Plate with Baked Pretzel **Tater Tots** Celery Sticks

13

Chicken Quesadilla with Spanish Rice Popcorn Chicken Salad with Garlic Breadstick Roasted Broccoli Fresh Baby Carrots

14

Macaroni and Cheese with Garlic Breadstick Chicken Corn Dog Chicken Cobb Salad with Baked Pretzel French Fries Celery Sticks **Heart Cookie**

No School!



18

Cheddar Cheese Nachos with Spanish Rice Spaghetti with Meat Sauce and Garlic Breadstick Turkey/Cheese Sandwich Roasted Zucchini Glazed Carrots

19

Chicken Potato Bowl with **Breadstick** Popcorn Chicken with Breadstick Grilled Cheese Sandwich Chicken Cobb Salad with **Baked Pretzel** Mashed Potatoes Steamed Carrots

20

Chicken Quesadilla with Spanish Rice Chicken Fried Rice Turkey/Cheese Sandwich Pinto Beans Fresh Cucumbers

21

Chicken Po'boy Sandwich Beef Nachos with Spanish Rice Chicken Cobb Salad with **Baked Pretzel** French Fries Fresh Cherry Tomatoes



Walking Taco Fiesta Tostada with Spanish Rice Turkey Chef Salad with Baked Pretzel French Fries Cole Slaw

WALKING

BBQ Chicken Sandwich Cheddar Cheese Nachos with Spanish Rice Meatlover's Pizza Yogurt and Cheese Plate with Baked Pretzel Pinto Beans Cole Slaw

Chicken Tenders with Roll Chili Cheese Dog Mini Pancake Bites with Cheesy Eggs Turkey Chef Salad with **Baked Pretzel** Mashed Potatoes Fresh Cut Carrots

Breaded Beef Fingers with Dinner Roll Popcorn Chicken Salad with Baked Pretzel Mashed Potatoes Corn

28

Popcorn Chicken with Dinner Macaroni and Cheese with Garlic Breadstick Turkey Chef Salad with Baked Pretzel French Fries Roasted Broccoli









Offered Daily:

Hamburger, Cheeseburger, Chicken Sandwich, Spicy Chicken Sandwich, Cheese Pizza, Pepperoni Pizza, Seasonal Fresh or Canned Fruit, Fruit Juice, Assorted Milk