

6-8 MS Lunch

Middle School Lunch Menu Winter 2025

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|---|
| <i>Week 1</i> | Jan 27 | Jan 28 | Jan 29 | Jan 30 | Jan 31 |
| Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1) | <ul style="list-style-type: none"> Teriyaki Chicken Dumplings (6) Broccoli Vegetable Stir-fry Fresh Fruit Mandarin Oranges Assorted Milk | <ul style="list-style-type: none"> Roasted Chicken w/ Dinner Roll Green Beans Seasoned Carrots Fresh Fruit 100% Fruit Juice Assorted Milk | <ul style="list-style-type: none"> Corn Dog Baked Beans Mixed Vegetables Fresh Fruit Applesauce Cup Assorted Milk | <ul style="list-style-type: none"> RPS Burger French Fries Pickle, Tomato & Lettuce Cup Fresh Fruit Mandarin Oranges Assorted Milk | <ul style="list-style-type: none"> Big Daddy's Pizza Garden Salad Seasoned Corn Fresh Fruit Frosty Berry Cup Assorted Milk |
| <i>Week 2</i> | Feb 3 | Feb 4 | Feb 5 | Feb 6 | Feb 7 |
| Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1) | <ul style="list-style-type: none"> Chicken Sandwich Variety Pickle, Onion & Lettuce Cup Steamed Broccoli Fresh Fruit Chilled Peaches Assorted Milk | <ul style="list-style-type: none"> Queso Blanco Beef Nachos Ranchero Beans Salsa Cup Fresh Fruit 100% Fruit Juice Assorted Milk | <ul style="list-style-type: none"> Spaghetti, Meatballs + Breadstick Green Beans Baby Carrots Fresh Fruit Chilled Pears Assorted Milk | <ul style="list-style-type: none"> Super Bowl Saucy Chicken Wings w/Corn Muffin Baked Beans Potato Wedges Fresh Fruit 100% Fruit Juice Assorted Milk | <ul style="list-style-type: none"> Big Daddy's Pizza Garden Salad Seasoned Corn Fresh Fruit Chilled Pineapple Assorted Milk |
| <i>Week 3</i> | Feb 10 | Feb 11 | Feb 12 | Feb 13 | Feb 14 |
| Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1) | <ul style="list-style-type: none"> Hot Honey Coney Dog Potato Wedges Seasoned Carrots Fresh Fruit Mandarin Oranges Assorted Milk | <ul style="list-style-type: none"> Chicken Tenders & Eggo Waffles Mixed Veggies Hash Brown Patty Fresh Fruit 100% Fruit Juice Assorted Milk | <ul style="list-style-type: none"> Spicy Mozz Bites Marinara Cup Green Beans Fresh Fruit Applesauce Cup Assorted Milk | <ul style="list-style-type: none"> Chicken Drumstick w/ Dinner Roll Seasoned Broccoli Baked Beans Fresh Fruit 100% Fruit Juice Assorted Milk | <ul style="list-style-type: none"> Big Daddy's Pizza Garden Salad Seasoned Corn Fresh Fruit Mixed Fruit Assorted Milk |

Alternative Entree Options

- Yogurt + Granola Parfait - Mon, Wed
- Hamburger/Cheeseburger - Tue
- Entree Salad w/ Roll - Mon - Fri
- Starting Oct. 7, M-F: Hummus Cup w/ Tortilla Chips & Manager's Choice Fresh Vegetable

Nutrition Bites

February's *Nutrition Bites*: Celebrate the Virginia harvest of the month—butternut squash! This vibrant vegetable is rich in vitamins A and C, fiber, and potassium, making it a heart-healthy choice. Roast it, mash it, or add it to soups and pasta dishes at home for a delicious and nutritious meal your family will enjoy!

Lunch includes:

Choice of 1 Entree,
1-2 Vegetables, 1 Fruit,
and 1 Milk

Menu subject to change due
to item availability

Vegetarian Options
Available Upon Request