

Middle School Menu



Week 1	2/3 Monday	2/4 Tuesday	2/5 Wednesday	2/6 Thursday	2/7 Friday	<p>Offered Everyday at Breakfast:</p> <p>1% White Milk Fat Free White Milk Fat Free Flavored Milk 100% Fruit Juice</p> <p>Offered Every Day at Lunch:</p> <p>Fresh Fruit and Vegetable Bar 1% White Milk Fat Free White Milk Fat Free Flavored Milk</p> <p>All meals comply with the National School Breakfast and Lunch Programs for nutrition guidelines.</p> <p>() Indicates Carbohydrate Count</p> <p>Menu Subject to change based on availability.</p> <p>This institution is an equal opportunity provider.</p>
Breakfast	2ct Poptart (2g) <small>Cereal (25)w/ Power Snacks(7)</small>	Breakfast Burrito (21) <small>Cereal (25)w/ String Cheese</small>	WG Chocolate Donuts (42) <small>Cereal (25)w/ Power Snacks(7)</small>	Pancake Sandwich (16) <small>Cereal (25)w/ String Cheese</small>	Frudel Varies by month (36) <small>Cereal (25)w/ Power Snacks(7)</small>	
Lunch	Hamburgers/Cheeseburgers (30)	Wings / Mac & Cheese (31) <small>Turkey & Cheese Munchable (38)</small>	Chicken Tenders (13) <small>or</small>	BBQ Beef Rib Sandwich <small>Turkey & Cheese Munchable (38)</small>	Super Nachos (42) <small>or</small>	
Vegetable	French Fries (24)	Cheese (35)/Pepperoni Pizza (33) Green Beans	Cheese (35)/Pepperoni Pizza (33) Sweet Potato Fries (32)	Cheese (35)/Pepperoni Pizza (33) Romaine Caesar	Cheese (35)/Pepperoni Pizza (33) Refried Beans (28) Celery Sticks	
Week 2	2/10 Monday	2/11 Tuesday	2/12 Wednesday	2/13 Thursday	2/14 Friday	
Breakfast	4oz Yogurt/Giant Goldfish <small>Cereal (25)w/ Power Snacks(7)</small>	Breakfast Pizza (31) <small>Cereal (25)w/ String Cheese</small>	Cinnamon Roll (52) <small>Cereal (25)w/ Graham (19)</small>	Confetti Mini Pancakes (36) <small>Cereal (25)w/ String Cheese</small>	Banana Bread (46) <small>Cereal(25) w/ GoGurt(14)</small>	
Lunch	Mini Corn Dogs (27) <small>or</small>	Philly Cheesesteak (60) <small>Turkey & Cheese Munchable (38)</small>	Breaded Chx Drum (2) <small>WG Roll (11)</small>	Orange Chicken(20) <small>Fried rice(27)</small>	Spicy Beef Taco Stick (32) <small>or</small>	
Vegetable	Cheese (35)/Pepperoni Pizza (33) Tater Smiles (31)	Cheese (35)/Pepperoni Pizza (33) Steamed Carrots	Cheese (35)/Pepperoni Pizza (33) Baked Beans (26)	Cheese (35)/Pepperoni Pizza (33) Steamed Broccoli	Cheese (35)/Pepperoni Pizza (33) Sliced Cucumbers	
Week 3	2/18 Tuesday	2/19 Wednesday	2/20 Thursday	2/21 Friday		
Breakfast	Cheese Omelet (2) <small>Cereal (25)w/ String Cheese</small>	WG Powdered Donuts (41) <small>Cereal (25)w/ Graham (19)</small>	Pancake Sausage Stick (16) <small>Cereal (25)w/ String Cheese</small>	French Toast Stick (38) <small>Cereal(25) w/ GoGurt(14)</small>		
Lunch	Pot Stickers (31) <small>Turkey & Cheese Munchable (38)</small>	Breaded Chicken Sandwich (48) <small>or</small>	Breaded Ravioli (64) <small>Turkey & Cheese Munchable (38)</small>	Chicken Nuggets (13) <small>or</small>		
Vegetable	Cheese (35)/Pepperoni Pizza (33) California Vegetables 1/2	Cheese (35)/Pepperoni Pizza (33) Sweet Waffle Fries (34)	Cheese (35)/Pepperoni Pizza (33) Spinach Mandarin Salad	Cheese (35)/Pepperoni Pizza (33) Tater Tots (22)		
Week 4	2/24 Monday	2/25 Tuesday	2/26 Wednesday	2/27 Thursday	2/28 Friday	
Breakfast	Benefit Bar Variety (see package) <small>Cereal (25)w/ Power Snacks(7)</small>	Egg Sandwich (21) <small>Cereal (25)w/ String Cheese</small>	Muffin Varies by Month(46-47) <small>Cereal (25)w/ Power Snacks(7)</small>	Breakfast Burrito (21) <small>Cereal (25)w/ String Cheese</small>	strawberry Mini Bagels (42) <small>Cereal (25)w/ String Cheese</small>	
Lunch	Beef Sliders (29) <small>or</small>	Chicken Penne Alfredo <small>Turkey & Cheese Munchable (38)</small>	Mozzarella Pull-Aparts (29) <small>Dinner Roll(11)</small>	Popcorn Chicken Bowl (39) <small>Turkey & Cheese Munchable (38)</small>	Beef Fiestada (43) <small>or</small>	
Vegetable	Cheese (35)/Pepperoni Pizza (33) Ranch Beans 1/2c (23)	Cheese (35)/Pepperoni Pizza (33) Carroteenies	Cheese (35)/Pepperoni Pizza (33) Steamed Veggie Blend	Cheese (35)/Pepperoni Pizza (33) Mashed Potatoes(15)	Cheese (35)/Pepperoni Pizza (33) Fresh Broccoli w/Ranch	