



# MENU

| Middle Schools<br>Week 16: 12.01.25-12.05.25  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|--|
|     | <b>Popcorn Chicken</b><br>with<br>Macaroni<br>and Cheese<br>with<br>Seasoned<br>Green Beans  | <b>Chicken or<br/>Cheese<br/>Quesadillas</b><br>With<br>Spanish Rice<br>Seasoned Corn<br>Salsa<br>And Sour Cream   | <b>Swedish Beef<br/>Meatballs</b><br>With<br>Penne Pasta<br>Glazed Carrots<br>Dinner Roll  | <b>Breakfast for<br/>Lunch</b><br>Cinnamon French<br>Toast<br>Tatar Tots<br>With<br>100 Calorie<br>Pancake Syrup   | <b>BBQ Beef Riblet<br/>Sandwich</b><br>With<br>Pickles & Onions<br>BBQ Baked Beans<br>Baked<br>Onion Rings   |
|     | Spicy Chicken<br>Filet Sandwich  | Hamburger<br>Cheeseburger<br>Bosco Sticks  | Regular Chicken<br>Filet Sandwich  | Hamburger<br>Cheeseburger<br>Bosco Sticks  | Spicy Chicken<br>Filet Sandwich  |
|    | Cheese Pizza<br>Pepperoni Pizza  |
|  | Romaine Lettuce,<br>Cucumbers, Onion,<br>Carrots, Olives,<br>Beets, Garbanzo<br>Beans, Hummus,<br>Pita Bread,<br>Shredded Cheese,<br>Sunflower Seeds,<br>Roasted Vegetable | Romaine Lettuce,<br>Cucumbers, Onion,<br>Carrots, Olives,<br>Beets, Garbanzo<br>Beans, Hummus,<br>Pita Bread,<br>Shredded Cheese,<br>Sunflower Seeds,<br>Roasted Vegetable | Romaine Lettuce,<br>Cucumbers, Onion,<br>Carrots, Olives,<br>Beets, Garbanzo<br>Beans, Hummus,<br>Pita Bread,<br>Shredded Cheese,<br>Sunflower Seeds,<br>Roasted Vegetable | Romaine Lettuce,<br>Cucumbers, Onion,<br>Carrots, Olives,<br>Beets, Garbanzo<br>Beans, Hummus,<br>Pita Bread,<br>Shredded Cheese,<br>Sunflower Seeds,<br>Roasted Vegetable | Romaine Lettuce,<br>Cucumbers, Onion,<br>Carrots, Olives,<br>Beets, Garbanzo<br>Beans, Hummus,<br>Pita Bread,<br>Shredded Cheese,<br>Sunflower Seeds,<br>Roasted Vegetable |
|   | Yogurt Parfaits<br>Hummus Bistro Box<br>Turkey Chef Salad  | Yogurt Parfaits<br>Hummus Bistro Box<br>Chicken Chef Salad   | Yogurt Parfaits<br>Hummus Bistro Box<br>Turkey Chef Salad  | Yogurt Parfaits<br>Hummus Bistro Box<br>Chicken Chef Salad   | Yogurt Parfaits<br>Hummus Bistro Box<br>Turkey Chef Salad  |

ALL MEALS ARE FREE FOR ALL STUDENTS!

Meal Choice Includes: Choice of One Entrée, Two Servings of Fresh Fruit and Vegetables, One Grain, or Bread, and One Low-Fat or Fat Free Milk. Please discuss any food allergy issues concerning your child with the Resident Director.



CHECK OUT OUR FEATURED SUPERFOODS!

Please discuss any food allergy issues concerning your child with the Resident Director.

This institution is an equal opportunity provider.

