

MIDDLE SCHOOL MENU

AUGUST 2026 • BREAKFAST & LUNCH



TUE 8/11

Egg Bites with Potatoes -or- Bagel & Cream Cheese

Smoked BBQ Chicken Sandwich -or- Nashville Chicken Wrap -or- Hummus Wrap -or- Kickin Tenders & Mac Bowl

WED 8/12

Turkey Sausage & Cheese Croissant -or- Fresh Baked Muffin

Chicken Pasta Alfredo -or- Pepperoni Pizza Meal -or- Cheese Pizza -or- Vegetarian Pasta Alfredo

THU 8/13

Egg Bites w/Potatoes -or- Fresh Baked Muffin

Chicken Wings & Cornbread -or- Mandarin Chicken & Fried Rice Bowl -or- Korean BBQ Tofu Bowl

FRI 8/14

Chicken Chili Crispito w/Salsa -or- Fruit & Yogurt Parfait

Spicy Chicken Sandwich -or- Roasted Turkey Sandwich -or- Bean & Cheese Burrito -or- Hummus Bento Box

MON 8/17

Pancakes & Turkey Sausage -or- Freshly Baked Muffin

Chili Cheese Beef Hot Dog -or- Nashville Tenders & Mac Bowl -or- Kickin Tenders & Mac Bowl -or- Kickin Patty Sandwich

TUE 8/18

Garden Frittata & Salsa. -or- Bagel & Cream Cheese

Carnitas Chili Verde Bowl -or- Fish Sandwich & Fries -or- Black Bean Burger & Fries -or- Kickin Nugget Chile Verde Bowl

WED 8/19

Egg & Potato Breakfast Burrito -or- Fresh Baked Muffin

Chicken Pasta Alfredo -or- Pepperoni Pizza -or- Cheese Pizza -or- Vegetarian Pasta Alfredo

THU 8/20

Turkey Sausage Breakfast Square

Mesquite Chicken Drumstick & Cornbread -or- Korean BBQ Chicken & Fried Rice -or- Kickin Tenders & Cornbread

FRI 8/21

Chicken Chili Crispito w/Salsa -or- Fruit & Yogurt Parfait

Tex Mex Queso Beef Burrito -or- Roasted Turkey Sandwich -or- Tex Mex Queso Bean Burrito -or- Hummus Bento Box

MON 8/24

Smoothie & Oatmeal Round -or- Fresh Baked Muffin

Smoked BBQ Chicken Sandwich -or- Birria Pupusas w/Refried Beans -or- Hummus & Tzatziki Wrap -or- Kickin Tenders & Mac Bowl

TUE 8/25

Egg Bites w/Potatoes -or- Bagel & Cream Cheese

Cheeseburger & Fries -or- Fish Sandwich & Fries -or- Black Bean Burger & Fries -or- Kickin Nugget Chile Verde Bowl

WED 8/26

Turkey Sausage & Cheese Croissant -or- Fresh Baked Muffin

Chicken Pasta Alfredo -or- Pepperoni Pizza -or- Cheese Pizza -or- Vegetarian Pasta Alfredo

THU 8/27

Egg & Potato Breakfast Bowl -or- Fresh Baked Muffin

Chicken Wings & Cornbread -or- Mandarin Chicken & Fried Rice Bowl -or- Korean BBQ Tofu and Fried Rice Bowl

FRI 8/28

Chicken Chili Crispito w/Salsa -or- Fruit & Yogurt Parfait

Spicy Crispy Chicken Sandwich -or- Roasted Turkey Sandwich -or- Tex Mex Queso Bean Burrito -or- Hummus Bento Box

MON 8/31

Pancakes & Turkey Sausage -or- Freshly Baked Muffin

Chili Cheese Beef Hot Dog -or- Nashville Tenders & Mac Bowl -or- Kickin Tenders & Mac Bowl -or- Kickin Patty Sandwich

All meals include: Fat-free, low-fat or lactose-free milk choices.

- Breakfast options: Listed entrée or General Mills Whole Grain Cereal with sides.
- Lunch options: Listed entrée or a Sunbutter Sandwich.
- Various seasonal fruit offerings available for breakfast and lunch.

This institution is an equal opportunity provider.

Menus subject to change.



Vegetarian



Freshly Prepared by Central Kitchen



CENTRAL
KITCHEN

Check out our newest house-smoked chicken thighs infused with cherrywood smoke, layered with our scratch-made bread & butter pickles and fresh made sweet-and-tangy BBQ sauce on a locally baked bun. Paired with a side of crisp coleslaw for the perfect balance of smoke, crunch and tang.

Smoked BBQ Chicken Sandwich