Middle School Menu

September-26

Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
		1		2		3		4	
		Mini Pizza Bagels W, Y, M	24	Baked Spaghetti w/meat sauc	31	BBQ Pulled Pork W, Y	46	Big Daddy Cheese Pizza M, \	28
		Smiley Potatoes Y	25	Romaine Salad	1	Fresh Spinach Salad Y	4	Sliced Green Peppers	3
		Cherry Tomatoes	2	Edamame Y	3	Cherry Tomatoes	2	Zucchini Slices	1
		Orange Wedges	21	Cranberries, Dried	27	Fresh Apple	22	Banana	27
		Milk (assorted)	15	Milk (assorted)	15	Milk (assorted)	15	Milk (assorted)	15
7		8		9		10		11	
		Chicken, Oven Roasted	0	Beef Crumble Taco W, Y, M	35	Corn Dog Nuggets E, M, Y, W	26	Bosco Sticks M, W	34
		Roll Dinner W, Y	17	Romaine Shredded	1	French Fries Y	16	Red Dipping Sauce	5
		Potatoes, Mashed M, Y	17	Salsa	6	Black Bean Salsa	16	Celery Sticks	3
		Green Beans	6	Orange Juice	13	Fruit Slushie BR	22	Mandarin Oranges	20
		Mixed Fruit	16	Milk (assorted)	15	Milk (assorted)	15	Milk (assorted)	15
		Milk (assorted)	15						0
14		15		16		17		18	
Cheese Sticks M, W, Y	31	Mini French Toast W, Y, E, M	20	Popcorn Chicken, Y, W	14	Orange Chicken W, Y, E	19	Big Daddy Cheese Pizza M, \	28
Red Dipping Sauce	5	Pancake Syrup	30	Smiley Potatoes Y	25	Rice	37	Broccoli	4
Cucumber Slices	0	Diced Ham	3	Sweet Corn	8	Edamame Y	3	Red Pepper Slices	2
Ranch Dressing M, E, Y	2	Carrot Baby	6	Peaches, Sliced	14	Carrot Baby	6	Ranch Dressing M, E, Y	2
Chilled Pears	15	Black Beans	10	Milk (assorted)	15	Applesauce	22	Orange	21
Milk (assorted)	15	Mandarin Oranges	20			Milk (assorted)	15	Milk (assorted)	15
		Milk (assorted)	15						
21		22		23		24		25	
Macaroni & Cheese W, M, Y,	28	Chicken Tenders W, Y	16	Cheese Ravioli W, M	29	Chicken Egg roll M, E, W, Y	20	Cheese Bites M, W	28
Tomatoes, Grape	10	Onion Rings M, W	28	Spaghetti Sauce	8	&/or Potstickers W, Y, SS	11	Red Dipping Sauce	5
Chickpeas	10	Baked Beans	15	Sweet Corn	17	Fried Rice W, Y, SS	17	Cucumber Slices	0
Mixed Berries Cup	20	Apple Slices	8	Cranberries, Dried	28	Broccoli	2	Ranch Dressing M, E, Y	2
Milk (assorted)	15	Milk (assorted)	15	Milk (assorted)	15	Fresh Apple	22	Orange	21
						Milk (assorted)	15	Milk (assorted)	15
28		29		30					
French Toast Sticks E, M, Y, \	26	Mini Pizza Bagels W, Y, M	24	Baked Spaghetti w/meat sauc	31				
Pancake Syrup	30	Smiley Potatoes Y	25	Romaine Salad	1				
Cheese, String M	3	Cherry Tomatoes	2	Edamame Y	3				
Tater Rounds Y	19	Orange Wedges	21	Black Beans	11				
Chickpeas	10	Milk (assorted)	15	Cranberries, Dried	27				
Applesauce	14			Milk (assorted)	15				
Milk (assorted)	15								

Lunch 3.25
Milk $.45
NSLP Reduced price lunch $0.40
All meals served with choice of Milk

Alternate Daily Choices:

Mon	Chicken Nuggets/Patty 16-41
Tue	Hot Dog 30
Wed	Pizza 21-42
Thu	Nachos/Walking Tacos 32-48
Fri	Breakfast for Lunch 15-25

Students must have money on their accounts or bring cash for ala carte purchases.

Allergen Key:

M	Milk
E	Eggs
F	Fish
S	Shellfish (e.g., shrimp, lobster, crab)
N	Tree nuts (e.g., almonds, walnuts, pecans)
W	Wheat
Y	Soybeans
P	Peanuts
SS	Sesame

See District's Food Service website for a la carte pricing
Questions regarding the Menu, Please contact Kevin Harris at:

Kharris@D15.org

Disclaimer about Carb counts

***Menu subject to change, notice given when possible**

The carbohydrate information provided is to the best of our knowledge by information received from the product manufacturer.

Please note that food product substitutions made due to food shortages may alter the carbohydrate information indicated on the menu.