

Middle School Lunch Menu

Norwell Middle School

Monday

Tuesday

Wednesday

Thursday

Friday

Sep 1

Sep 2

Sep 3

Sep 4

Sep 7

Sep 8

Sep 9

Sep 10

Sep 11

HOLIDAY

Holiday Chicken Nuggets
Teriyaki Chicken
Caesar Salad
UnCrustable PBJ wg
Potato Puffs
Savory Green Beans
WG Dinner Roll
Pears
MILK,Skim
Baby Carrots 2.6 oz Bag
Fresh Fruit

Ham/CheeseburgerWGRoll
B.Greek Chicken Salad
w/Feta Cheese
UnCrustable PBJ wg
French Fries
Baby Carrots 2.6 oz Bag
Peaches
MILK,Skim
Fresh Fruit

Chicken Patty on a Bun
Buffalo Chicken Patty
UnCrustable PBJ wg
Teriyaki Chicken
Caesar Salad
Potato Smiles
Baby Carrots 2.6 oz Bag
MILK,Skim
Fresh Fruit

Stuffed Crust Pizza
Caesar Salad
UnCrustable PBJ wg
Teriyaki Chicken
Caesar Salad
Fresh Fruit
Offered Daily
MILK,Skim
FRUIT JUICE,ASSORTED
Baby Carrots 2.6 oz Bag

Sep 14

Sep 15

Sep 16

Sep 17

Sep 18

Pizza Sticks
UnCrustable PBJ wg
Teriyaki Chicken
Caesar Salad
Buttered Egg Noodles
Steamed Broccoli
Apple
MILK,Skim
Fresh Strawberries

French Toast Sticks
UnCrustable PBJ
B.Greek Chicken Salad
w/Feta Cheese
Potato Puffs
Sausage
Orange Juice
Strawberry Cups
Fresh Fruit Salad
Cinnamon Spiced Apples

Homemade Pizza
B.Greek Chicken Salad
w/Feta Cheese
UnCrustable PBJ wg
Caesar Salad
MILK,Skim
Fresh Fruit
Offered Daily
Baby Carrots 2.6 oz Bag
100 % Fruit Juice

Meatball Sub
Chicken Parm on Roll
UnCrustable PBJ wg
Teriyaki Chicken
Caesar Salad
Roasted Potato Wedges
Steamed Broccoli
Baby Carrots 2.6 oz Bag
MILK,Skim
Fresh Fruit
Fresh Grapes

Big Daddys Pizza
Teriyaki Chicken
Caesar Salad
UnCrustable PBJ wg
Caesar Salad
MILK,Skim
Fresh Fruit
Offered Daily
Orange Smiles
Baby Carrots 2.6 oz Bag
FRUIT JUICE,ASSORTED

Sep 21

Sep 22

Sep 23

Sep 24

Sep 25

A.Twin Tacos
Teriyaki Chicken
Caesar Salad
UnCrustable PBJ wg
Brown Rice
Black Bean & Corn Salad
Sweet Buttered Corn
MILK,Skim
Fresh Fruit
Offered Daily
Baby Carrots 2.6 oz Bag
Strawberries

Toasted CheeseSandwich
B.Greek Chicken Salad
w/Feta Cheese
UnCrustable PBJ wg
Lemon DillChickpea Salad
Fresh Fruit
Offered Daily
MILK,Skim
Goldfish Crackers
Pears
Yogurt Parfait
Baby Carrots 2.6 oz Bag

Homemade Pizza
Caesar Salad
B.Greek Chicken Salad
w/Feta Cheese
UnCrustable PBJ wg
MILK,Skim
FRUIT JUICE,ASSORTED
Baby Carrots 2.6 oz Bag
Fresh Fruit Salad
applesauce,unsw 1/2 cup*
Orange Smiles

Chicken Tenders
UnCrustable PBJ wg
Teriyaki Chicken
Caesar Salad
Mixed Vegetables
Rice Pilaf
WG Dinner Roll
Pears
MILK,Skim
Fresh Fruit
Baby Carrots 2.6 oz Bag
Cucumber Wheels

French Toast Sticks
UnCrustable PBJ
B.Greek Chicken Salad
w/Feta Cheese
Potato Puffs
Sausage
Orange Juice
Strawberry Cups
Cinnamon Spiced Apples

Sep 28

Taco Bar
Teriyaki Chicken
Caesar Salad
UnCrustable PBJ wg
Black Bean & Corn Salad
MILK,Skim
Yogurt Parfait
Fresh Fruit
Baby Carrots 2.6 oz Bag
Apple Sliced 2oz bag

Sep 29

Nacho Platter
Teriyaki Chicken
Caesar Salad
UnCrustable PBJ wg
Black Bean & Corn Salad
MILK,Skim
Baby Carrots 2.6 oz Bag
applesauce,unsw 1/2 cup*

Sep 30

Homemade Pizza
Caesar Salad
B.Greek Chicken Salad
w/Feta Cheese
UnCrustable PBJ wg
MILK,Skim
FRUIT JUICE,ASSORTED
Baby Carrots 2.6 oz Bag
Fresh Fruit Salad
applesauce,unsw 1/2 cup*
Orange Smiles

Assorted Milk Offered Daily, 1% Milk, Skim Milk and FF Chocolate Milk

Sep 4, 2026