

2026-2027 MIDDLE SCHOOL LUNCH MENU

LF=Low Fat • LS=Low Sodium • WW=Whole Wheat • WG=Whole Grain

ALTERNATIVE MEALS: Pre-made Sandwiches & WG Pizza (Daily), Pasta Bar (Mondays, Tuesdays, Thursdays, Fridays), Sushi (a la carte)(Wednesdays). Vegetarian meals offered daily. Choice of milk available with all meals.

MONDAY

BOSCO STICKS W/MARINARA SAUCE

- Steamed Broccoli
- Caesar Salad/ LF Dressing
- Chilled Fruit
- Cheez-Its

TUESDAY

HONEY BBQ/SPICY CHICKEN WINGS

- Onion Rings
- Fresh Veggie Cup/LF Dip
- Fresh Fruit
- Assorted 100% Fruit Juice

WEDNESDAY

FRENCH TOAST STICKS W/ SYRUP

- Hash Brown
- Turkey Sausage Patty
- Assorted 100% Fruit Juice
- Orange Smiles

THURSDAY

NACHOS/SALSA

- Shredded Lettuce
- Tomato & LF Cheese
- Black Bean Salad
- Tasty Fruit Cocktail
- Sidekick
- Baby Carrots

FRIDAY

CHICKEN PATTY ON BUN

- Smile Fries
- Mixed Green Salad / LF Dressing
- Peach Cup
- Goldfish

MONDAY

MOZZARELLA STICKS W/ MARINARA

- Fresh Veggie Cup/LF Dip
- Ranch Potato Wedges
- WG Dinner Roll
- Fresh Fruit

TUESDAY

WG POPCORN CHICKEN W/ BBQ SAUCE

- Potato Casserole
- Garden Side Salad/LF Dressing
- WG Breadstick
- Sliced Apples

WEDNESDAY

HOTDOG ON WW BUN

- Macaroni & Cheese
- Steamed Broccoli
- Chilled Fruit
- Graham Crackers

THURSDAY

CHICKEN NUGGETS/SAUCE

- Mashed Potatoes
- Mini Corn Muffin
- Honey Carrots
- Fresh Fruit
- Goldfish

FRIDAY

WALKING TACOS/CHEESE

- Fresh Tomato Salad
- Assorted 100% Fruit Juice
- Black Bean Salad
- Applesauce w/ Cinnamon
- Sliced Cucumbers

MONDAY

HONEY BBQ/SPICY CHICKEN WINGS

- Onion Rings
- Fresh Veggie Cup/LF Dip
- Fresh Fruit
- Assorted 100% Fruit Juice

TUESDAY

GRILLED CHEESE SANDWICH

- Creamy Tomato Soup
- Steamed Broccoli
- Sliced Apples
- Assorted 100% Fruit Juice

WEDNESDAY

MINI CORN DOGS

- Oven-Baked Fries
- Mixed Greens Salad/ LF Dressing
- Chilled Fruit
- Cucumber Sticks/ FF Dip

THURSDAY

BREAKFAST FOR LUNCH: PANCAKES

- Hash Browns
- Assorted 100% Fruit Juice
- Sliced Oranges
- Belly Bears

FRIDAY

BEEF NACHOS

- Shredded Cheese & Lettuce
- Refried Beans
- Mini Corn Muffin
- Salsa
- Fresh Fruit

MONDAY

WG REG. OR SPICY CHICKEN TENDERS

- Seasoned Potato Wedge
- WG Breadstick
- Carrot Coins
- Veggie Apple Slaw
- Seedless Grapes

TUESDAY

CHICKEN & WAFFLES

- Steamed Green Beans
- Assorted 100% Fruit Juice
- Pineapple Tidbits
- Chickpea Salad

WEDNESDAY

STUFFED BREADSTICKS W/ MARINARA SAUCE

- Caesar Side Salad/ LF Dressing
- Fresh Fruit Cup
- Assorted 100% Fruit Juice
- Celery Sticks

THURSDAY

HAMBURGER/ CHEESE ON BUN

- Lettuce, Tomato, and Pickle
- Oven-Baked French Fries
- Baby Carrots/LF Dip
- Fresh Fruit

FRIDAY

FLEX DAY - CHEF'S CHOICE

- Menu will be posted on the website and in cafeteria.

SCHOOL MEAL CALENDAR

- WEEK ONE MEAL PLAN
- WEEK TWO MEAL PLAN
- WEEK THREE MEAL PLAN
- WEEK FOUR MEAL PLAN

SEPTEMBER '26

S	M	T	W	T	F	S
			1	2	3	4
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER '26

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER '26

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER '26

S	M	T	W	T	F	S
			1	2	3	4
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JANUARY '27

S	M	T	W	T	F	S
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

FEBRUARY '27

S	M	T	W	T	F	S
		1	2	3	4	5
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

MARCH '27

S	M	T	W	T	F	S
		1	2	3	4	5
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

APRIL '27

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY '27

S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JUNE '27

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MEAL PRICING

BREAKFAST	FREE
REDUCED BREAKFAST	FREE
LUNCH	\$3.50+
REDUCED LUNCH	FREE