Middle School Menu

December-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	Ranch Dressing M, E, Y	2	Cherry Tomatoes	2	Zucchini Slices	1
		Orange Wedges	21	Black Beans	8	Fresh Apple	22	Banana	27
		Milk (assorted)	15	Cranberries, Dried	27	Milk (assorted)	15		15
				Milk (assorted)	15				
7		8		9		10		11	
Beef Crumble Taco W, Y, M	35	Chicken, Oven Roasted	0	Ramen Bowl W, Y, SS	20	Corn Dog Nuggets E, M, Y, W	26	Bosco Sticks M, W	34
Romaine Shredded	1	Roll Dinner W, Y	17	Carrot Baby	6	French Fries Y	16	Red Dipping Sauce	5
Salsa	6	Potatoes, Mashed M, Y	17	Edamame Y	3	Black Bean Salsa	16	Celery Sticks	3
Orange Juice	13	Green Beans	6	Applesauce	14	Fruit Slushie BR	22	Mandarin Oranges	20
Milk (assorted)	15	Mixed Fruit	16	Milk (assorted)	15	Milk (assorted)	15	Milk (assorted)	15
		Milk (assorted)	15						
14		15		16		17		18	
Cheese Sticks M, W, Y	31	Mini French Toast W, Y, E, M	37	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	36	Broccoli	5
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	9	Milk (assorted)	15	Applesauce	14	Orange	21
Milk (assorted)	15	Mandarin Oranges	20			Milk (assorted)	15	Milk (assorted)	15
		Milk (assorted)	15						
21		22		23		24		25	
									
28		29		30		31			
									

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

Alternate Weekly Choices:
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Mon	Chicken Nuggets/Patty W, Y 16-41
Tue	Hot Dog W, Y 30
Wed	Pizza M, W, Y 21-42
Thu	Nachos/Walking Tacos M, W, Y 32-48
Fri	Breakfast for Lunch M, W, Y 15-25

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

Alternate Daily Choices:
Yogurt Lunch, M, W, Y 60
Student Salads, M, E, W, Y 24
Sandwiches, W, M, Y 28
Sub Sandwich, W, M, Y 38

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.