



2023 Middle Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Yogurt & Fruit Parfait	2 Breakfast Wrap	3 Mini Cinnis
		Cheeseburger on Whole Grain Roll Lettuce, Tomato, Onion, Pickle Oven Fries Baked Beans Choice of Fruit and Milk	Pizza Cheese Crunchers Garden Salad Fresh Broccoli Choice of Fruit Choice of Milk	Nacho Grande with Meat & Cheese Sauce Lettuce, Tomato, Salsa Sweet Corn Choice of Fruit and Milk
6 Breakfast Sandwich Corn Dog Nuggets Steamed Broccoli Baked Beans Choice of Fruit Choice of Milk	7 Strawberry Bagel French Toast Sticks w/Syrup Sausage Patty Hash Brown Carrot Sticks 100% Fruit Juice and Milk	8 Bacon Breakfast Boat Popcorn Chicken Bowl Whole Grain Roll Mashed Potatoes Corn Choice of Fruit and Milk	9 Mini Waffles Hot Ham & Cheese On Pretzel Roll Sweet Potato Fries Veggies & Dip Choice of Fruit and Milk	10 Apple Frudel Pizza Tossed Salad Chick Peas Whole Grain Cookie Choice of Fruit and Milk
13 Mini French Toast Chicken Wings Whole Grain Roll Glazed Carrots Tater Tots Choice of Fruit and Milk	14 Blueberry Pancakes Macaroni & Cheese with Soft Pretzel Rod Stewed Tomatoes Steamed Broccoli Choice of Fruit and Milk	15 Yogurt & Fruit Parfait Taco with Meat & Cheese Brown Rice Lettuce, Tomato, Salsa Refried Beans Choice of Fruit and Milk	16 Breakfast Pizza Bosco Cheese Sticks Marinara Sauce Tossed Salad Carrot Sticks Choice of Fruit and Milk	17 Mini Cinnis Chicken Nuggets Whole Grain Roll Seasoned Curly Fries Mixed Vegetables Choice of Fruit and Milk
20 Mini Pancakes General Tso Chicken Brown Rice Steamed Broccoli Carrot Sticks Choice of Fruit and Milk	21 Chocolate Chip French Toast Pancake with Syrup Sausage Links Hash Brown Celery Sticks 100% Fruit Juice and Milk	22 Bacon Breakfast Boat Turkey & Cheese Deli Sandwich Lettuce, Tomato, Onion, Pickles Sweet Potato Puffs Green Beans Choice of Fruit and Milk	23 Mini Waffles Cheese Steak Sub on Whole Grain Roll Oven Fries Baked Beans Choice of Fruit and Milk	24 Apple Frudel Pizza Tossed Salad Chick Peas Whole Grain Cookie Choice of Fruit and Milk
27 Breakfast Sandwich Meatball Hoagie on Whole Grain Roll Baked Beans Potato Rounds Choice of Fruit and Milk	28 Breakfast Wrap Homemade Grilled Cheese on Whole Grain Bread Tomato Soup with Crackers Fresh Broccoli Choice of Fruit and Milk	29 Yogurt & Fruit Parfait Traveling Taco Lettuce, Tomato, Salsa Sweet Corn Choice of Fruit Choice of Milk	30 Mini Cinnis Solanco Sub on Whole Grain Roll Lettuce, Tomato, Onion, Pickle Carrot Sticks Choice of Fruit and Milk	31 Mini French Toast Chicken Tenders Whole Grain Roll Oven Fries California Blend Vegetables Choice of Fruit and Milk

Alt. Pizza Sticks

Alt. Yogurt w/ Nature Valley Graham Crackers

Alt. Hot dog on Whole Grain Roll

Alt. Chicken Patty on Whole Grain Roll

Alt. Fish Sticks with Whole Grain Roll

Choice of 1% White, non fat Chocolate, Strawberry and White Milk served with lunch every day

Peanut Butter & Jelly Sandwich is offered daily as the third entrée choice

100% Fruit Juice Slushies available every day

Menu subject to change without notice

Student Breakfast FREE

Student Lunch \$2.50

Milk \$.50

The MORE that you read,
the MORE things you will know.
The MORE that you LEARN,
the MORE places you'll go.



To check your child's lunch account or to prepay for meals, visit www.k12paymentcenter.com

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