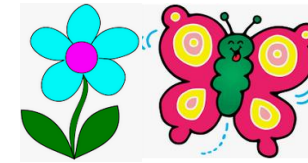




2023 Middle School Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Breakfast Wrap Meatball Hoagie on Whole Grain Roll Baked Beans Potato Rounds Choice of Fruit and Milk	2 Mini Cinnis Traveling Taco Lettuce, Tomato, Salsa Sweet Corn Choice of Fruit Choice of Milk	3 Yogurt & Fruit Parfait Solanco Sub on Whole Grain Roll Lettuce, Tomato, Onion, Pickle Carrot Sticks Choice of Fruit and Milk	4 Apple Frudel Chicken Tenders Whole Grain Roll Oven Fries California Blend Vegetables Choice of Fruit and Milk	5 NO SCHOOL Inclement Weather Makeup Days
8 Breakfast Sandwich Pulled Pork Bar-B-Q on Whole Grain Roll Green Beans Sweet Potato Puffs Choice of Fruit and Milk	9 Strawberry Bagel Chicken Fries Whole Grain Dinner Roll Onion Rings Glazed Carrots Choice of Fruit and Milk	10 Bacon Breakfast Boat Nacho Grande with Meat & Cheese Sauce Lettuce, Tomato, Salsa Sweet Corn Choice of Fruit and Milk	11 Mini Waffles  Choice of Fruit and Milk	12 Mini French Toast Pizza Cheese Crunchers Garden Salad Fresh Broccoli Choice of Fruit Choice of Milk
15 Breakfast Wrap Corn Dog Nuggets Steamed Broccoli Baked Beans Choice of Fruit Choice of Milk	16 Blueberry Pancakes French Toast Sticks w/Syrup Sausage Patty Hash Brown Carrot Sticks 100% Fruit Juice and Milk	17 Yogurt & Fruit Parfait Popcorn Chicken Bowl Whole Grain Roll Mashed Potatoes Corn Choice of Fruit and Milk	18 Breakfast Pizza Hot Ham & Cheese On Pretzel Roll Sweet Potato Fries Veggies & Dip Choice of Fruit and Milk	19 Mini Cinnis Pizza Tossed Salad Chick Peas Whole Grain Cookie Choice of Fruit and Milk
22 Mini Pancakes Chicken Wings Whole Grain Roll Glazed Carrots Tater Tots Choice of Fruit and Milk	23 Chocolate Chip French Toast Macaroni & Cheese with Soft Pretzel Rod Stewed Tomatoes Steamed Broccoli Choice of Fruit and Milk	24 Bacon Breakfast Boat Taco with Meat & Cheese Brown Rice Lettuce, Tomato, Salsa Refried Beans Choice of Fruit and Milk	25 Mini Waffles  Choice of Fruit and Milk	26 Apple Frudel Chicken Nuggets Whole Grain Roll Seasoned Curly Fries Mixed Vegetables Choice of Fruit and Milk
29 NO SCHOOL 	30 Mini Cinnis General Tso Chicken Brown Rice Steamed Broccoli Carrot Sticks Choice of Fruit and Milk	31 Yogurt & Fruit Parfait Pancake with Syrup Sausage Links Hash Brown Celery Sticks 100% Fruit Juice 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



**Reading
Is
Soooooo
Delicious!**

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

Breakfast entrée choices include Whole Grain Bars & Cereal everyday
Fruit, 100% Fruit Juice & assorted Milks offered with breakfast daily



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

"This institution is an equal opportunity provider"