

MIDDLE SCHOOL MENU

FEBRUARY 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Spaghetti w/Meat Sauce Hamburger Steak w/Gravy Oven Roasted Potatoes Steamed Broccoli Tossed Green Salad Fruit & WG Roll	2 Chicken Fritters/ WW Roll Tuna Salad w/Crackers Pinto Beans Mac n Cheese Turnip Greens Tossed Salad & Fruit
5 Cheeseburger Or Chicken Sandwich Or Meatball Sub French Fries, Baked Beans Lett/Tom/Pickle Raw Veggie Medley Tossed Green Salad & Fruit	6 Chicken Soft Taco Beef/Queso Nachos Refried Beans Spanish Rice Fruit Lett/Tom/Sour Cream Tossed Salad	7 Heart Veg Soup PBJ or Grilled Cheese Raw Baby Carrots Tossed Green Salad Fruit Saltine Crackers Cinnamon Baked Apples	8 Steak Strips w/ Gravy Turkey w/Gravy Baked Sweet Potato Steamed Veggie Medley Fruit Tossed Green Salad Cole Slaw/ WW Roll	9 Chicken Fritters/ WW Roll Or Turkey on Wheat Mashed Potatoes English Peas Tossed Green Salad Fruit
12 Oven Baked Chicken w/Roll or BBQ Sandwich w/Chips Carrots Green Beans Cole Slaw Tossed Green Salad Assorted Fruit	13 Chili Cheese Fries or Grilled Chicken Sandwich Raw Veggie Medley WG Saltines Tossed Salad Fruit	14 Pizza or Chicken Casserole/WWRoll Sweet Potato Fries Roasted Veggie Medley Corn Tossed Green Salad & Fruit	15 Spaghetti w/Meat Sauce Hamburger Steak w/Gravy Oven Roasted Potatoes Steamed Broccoli Tossed Green Salad Fruit & WG Roll	16 Winter Break 16-20
19	20	21 Heart Veg Soup PBJ or Grilled Cheese Raw Baby Carrots Tossed Green Salad Fruit Saltine Crackers Cinnamon Baked Apples	22 Steak Strips w/ Gravy Turkey w/Gravy Baked Sweet Potato Steamed Veggie Medley Fruit Tossed Green Salad Cole Slaw/ WW Roll	23 Chicken Fritters/ WW Roll Or Turkey on Wheat Mashed Potatoes English Peas Tossed Green Salad Fruit
26 Oven Baked Chicken w/roll BBQ Sandwich w/chips Carrots Green Beans Cole Slaw Tossed Green Salad, Fruit	27 Chili Cheese Fries or Grilled Chicken Sandwich Raw Veggie Medley WG Saltines Tossed Salad Fruit	28 Pizza or Chicken Casserole/WWRoll Sweet Potato Fries Roasted Veggie Medley Corn Tossed Salad & fruit		

Assorted fruits and low fat milk offered at each meal

This institution is an equal opportunity provider

Boxed Salads offered Daily: Chef Salad, Chicken Salad, Grilled Chicken Salad, Southwest Salad