

February 2018

Middle

LUNCH



This institution is an equal opportunity provider and employer
Lunch is no cost to students
Adult prices are \$ 3.75



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Nugget's, Roll **1**

Garden fresh salad, corn, peaches,

Choice of milk



Ripper **5**

Garden fresh salad, Green Beans, mixed fruit,

Choice of milk

Chicken Tenders **6**

Fajita Chicken Salad

Garden fresh salad, baked beans, apple slices,

Choice of milk

Ham and Cheese Sandwich **7**

Pasta Chicken Salad

Garden fresh salad, carrots sticks, Banana

Choice of milk

Hot Dog **8**

Garden fresh salad, potato wedges, pears,

Choice of milk



Chicken Sandwich **12**

Garden fresh salad, California blend veggie,

Orange, Choice of milk

Taco Tuesday **13**

Fajita Chicken Salad

Garden fresh salad, refried beans, pears

Choice of milk

Meatloaf, mashed potato **14**

Pasta Chicken Salad

Garden fresh salad. Steamed carrots, Banana

Choice of milk

Pizza **15**

Garden fresh salad, Broccoli, pineapple,

Choice of milk



Calzone **19**

Garden fresh salad, Peas, applesauce

Choice of milk

Hamburger Bar **20**

Fajita Chicken Salad

Garden fresh salad, potato wedges

Choice of milk

PB & J crustable **21**

Pasta Chicken Salad

Garden fresh salad, Hummus/Celery sticks,

Banana, Choice of milk

Chicken Nugget's, Roll **22**

Garden fresh salad, corn, peaches,

Choice of milk



Ripper **26**

Garden fresh salad, Green beans, mixed fruit,

Choice of milk

Chicken Tenders **27**

Fajita Chicken Salad

Garden fresh salad, baked beans, apple slices

Choice of milk

Ham and Cheese Sandwich **28**

Pasta Chicken Salad

Garden fresh salad, carrots sticks, Banana

Choice of milk

