

Free Middle School Lunch Menu

Assorted Fruit, Choice of 1% milk, nonfat chocolate milk
All Fruit Sorbet served on Menu Days with a star
Menu Items In Green are Halal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
				
Beef Pepperoni Pizza 6 Salad: Buffalo Chicken Salad Wrap Halal: Chicken Nuggets w/ cheez-its Pizza: Cheese Hot veg: Vegetable blend Side Salad: Lettuce w/ cucumbers and carrots	Beef Walking Taco 7 Salad: Chef Salad w/ turkey & egg w/ Cheez-its Halal: Hot Dog Pizza: Cheese Hot Veg: Roasted Pepper & Onion. Side Salad: Carrots & Garbanzo Beans	Pancakes w/ Turkey Sausage 8 Salad: Chicken Caesar Wrap Halal: Chicken Sandwich Pizza: Cheese Hot Veg: Broccoli Side Salad: Carrots & Garbanzo Beans	Halal: Hot Dog 9 Salad: Veggie Nugget Salad Pizza: Cheese Hot Veg: Broccoli Side Salad: Carrots & Garbanzo Beans	BBQ Turkey Bacon Cheeseburger 10 Halal: Cheeseburger Salad: Veggie Nugget Slaw Wrap Pizza: Cheese Hot Veg: Broccoli Side Salad: Carrots & Garbanzo Beans
Spicy Chicken Sandwich 13 Salad: Buffalo Chicken Salad Wrap Halal: Chicken Nuggets w/ cheez-its Pizza: Cheese Hot veg: Vegetable blend Side Salad: Lettuce w/ cucumbers and carrots	Beef Nachos 14 Salad: Chef Salad w/ turkey & egg w/ Cheez-its Halal: Hot Dog Pizza: Cheese Hot Veg: Roasted Pepper & Onion. Side Salad: Carrots & Garbanzo Beans	BBQ Boneless Wings 15 Salad: Chicken Caesar Wrap Halal: Chicken Sandwich Pizza: Cheese Hot veg: Roasted Acorn Squash Side Salad: Lettuce mix w/ Cucumbers and bell peppers	Halal: Hot Dog 16 Salad: Veggie Nugget Salad Pizza: Cheese Hot Veg: Roasted peppers & onions Side Salad: Carrots & Garbanzo Beans	Spicy Popcorn Chicken 17 Salad: Veggie Nugget Slaw Wrap Halal: Cheeseburger Pizza: Cheese Hot veg: Fries Side Salad: Lettuce mix w/ Carrots & Tomato
Pizza Crunchers 20 Salad: Buffalo Chicken Salad Wrap Halal: Chicken Nuggets w/ cheez-its Pizza: Cheese Hot veg: Vegetable blend Side Salad: Lettuce w/ cucumbers and carrots	LTO: Buffalo Bacon Cheddar Waffalaco 21 Halal: Hot Dog Salad: Chef salad w turkey, egg, & Cheez-its Pizza: Cheese Hot Veg: Roasted peppers & onions Side Salad: Carrots & Garbanzo Beans	Dumplings w/ Veggie Fried Rice 22 Salad: Chicken Caesar Wrap Halal: Chicken Sandwich Pizza: Cheese Hot veg: Roasted Acorn Squash Side Salad: Lettuce mix w/ Cucumbers and bell peppers	Halal: Hot Dog 23 Salad: Veggie Nugget Salad Pizza: Cheese Hot Veg: Broccoli Side Salad: Carrots & Garbanzo Beans	Pasta w/ Meatballs 24 Salad: Veggie Nugget Slaw Wrap Halal: Cheeseburger Pizza: Cheese Hot Veg: Roasted Pepper & Onion. Side Salad: Carrots & Garbanzo Beans
French Toast w/ Turkey Sausage 27 Salad: Buffalo Chicken Salad Wrap Halal: Chicken Nuggets w/ cheez-its Pizza: Cheese Hot veg: Vegetable blend Side Salad: Lettuce w/ cucumbers and carrots	Beef Walking Taco 28 Salad: Chef Salad w/ turkey & egg w/ Cheez-its Halal: Hot Dog Pizza: Cheese Hot Veg: Roasted Pepper & Onion. Side Salad: Carrots & Garbanzo Beans	BBQ Chicken Pizza 29 Salad: Chicken Caesar Wrap Halal: Chicken Sandwich Pizza: Cheese Hot Veg: Roasted Pepper & Onion. Side Salad: Carrots & Garbanzo Beans	Halal: Hot Dog 30 Salad: Veggie Nugget Salad Pizza: Cheese Hot Veg: Broccoli Side Salad: Carrots & Garbanzo Beans	Snack Packs Available for Students who Bring Lunch From Home