

Middle School November/December 2022

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
28 Chicken Nuggets (6) Shoe String Fries Carrots and Celery Sticks Ranch Dip Apple Sauce Cup 100% Fruit Juice Hormone Free Milk Sugar Cookie Treat	29 Penne Pasta Bar Choice of Marinara, Meat Sauce or Butter Toasted Garlic Bread Sautéed Green Beans Kiwi Slices 100% Fruit Juice Hormone Free Milk	30 Tempura Chicken Brown Rice Steamed Broccoli 100% Fruit Juice Hormone Free Milk Sakanaya Sushi Salmon/California Roll	1 Brunch for Lunch Waffle Scrambled Eggs Hash Brown Potato Fresh Banana 100% Fruit Juice Hormone Free Milk	2 Sunrise Pizza Buffalo Slice \$4.00 Grandma Slice \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 100% Fruit Juice Hormone Free Milk
5 Cheese Quesadilla Refried Beans/Back Bean Shredded Cheddar Sour Cream Vegetable Salsa Sweet Plantains 100% Fruit Juice Hormone Free Milk	6 Macaroni and Cheese or Pasta with butter Steamed Peas Red Delicious Apple 100% Fruit Juice Hormone Free Milk	7 Tempura Chicken Carolina Rice Steamed Bok Choy 100% Fruit Juice Hormone Free Milk Sakanaya Sushi Salmon/California Roll	8 Brunch for Lunch French Toast Sticks Turkey Bacon Hash Brown Potato Fresh Banana 100% Fruit Juice Hormone Free Milk	9 Sunrise Pizza Buffalo Slice \$4.00 Grandma Slice \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 100% Fruit Juice Hormone Free Milk
12 Chicken Tenders Potato Rounds Roasted Brussel Sprouts Apple Slices 100% Fruit Juice Hormone Free Milk	13 Rotini Pasta Bar Marinara Sauce or Pink Sauce Toasted Garlic Bread Seasoned Green Beans 100% Fruit Juice Hormone Free Milk	14 Half Day of School No Lunch Served	15 Brunch for Lunch Fluffy Pancakes Turkey Bacon Hash Brown Potato Orange Slices 100% Fruit Juice Hormone Free Milk	16 Sunrise Pizza Buffalo Slice \$4.00 Grandma Slice \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 100% Fruit Juice Hormone Free Milk
19 Grilled Cheese Chicken Noodle Soup Steamed Peas Shoe String Fries Fresh Fruit Basket 100% Fruit Juice Hormone Free Milk	20 Spaghetti and Meatballs Toasted Garlic Bread Steamed Spinach Cucumber Slices Fresh Fruit Basket 100% Fruit Juice Hormone Free Milk	21 Tempura Chicken Quinoa Steamed Napa Cabbage 100% Fruit Juice Hormone Free Milk Sakanaya Sushi Salmon/California Roll	22 Brunch for Lunch Waffle Scrambled Eggs Hash Brown Potato Fresh Banana 100% Fruit Juice Hormone Free Milk	23 Sunrise Pizza Buffalo Slice \$4.00 Grandma Slice \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 100% Fruit Juice Hormone Free Milk



SCHOOL LUNCH PRICES

LUNCH: \$4.00

Gluten Free

**Rolls, Cereal, Pizza and Pasta available
upon request**

Gluten Free Cereal Available
Daily: Rice Chex, Rice Krispy,
Cheerios, Fruity Cheerios, Apple
Cheerios and Corn Chex.

MEAL OF THE DAY INCLUDES:
Vegetable, Fresh Whole Fruit, 100%
Fruit Juice, Hormone Free Skim, Low
Fat Choc and 1% Low Fat Milk, Fresh
Fruit Basket offered Daily

Pre-Made Sandwiches offered daily
with Boar's Head Meats
Turkey, Ham, Bologna, Salami Buffalo
Chicken, American Cheese

Sun Butter and Jelly Sandwich

Pre Made Salads Available:
Chicken Caesar Salad/Caesar Salad
Garden Salad

Yogurt Parfait offered daily with
choice of Strawberry, Blueberry or
Peach Slices with Nut Free

DUE TO SUPPLE CHAIN SHORTAGES MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.