

Middle School Menu March 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Conference Day	2 Brunch for Lunch Waffle or Pancake Turkey Bacon Potato Rounds Fresh Banana 100% Fruit Juice Hormone Free Milk	3 Sunrise Pizza Buffalo Slice \$4.00 Grandma Slice \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 100% Fruit Juice Hormone Free Milk
6 Boneless Chicken Wings Your choice of BBQ/Honey Mustard Or Ketchup Carrot and Celery Sticks Baked French Fries Red Delicious Apple 100% Fruit Juice Hormone Free Milk	7 Indoor BBQ Beef Hot Dog on Whole Grain Roll Vegetable Pasta Salad Vegetarian Baked Bean Kiwi Slices Pretzel Bag 100% Fruit Juice Hormone Free Milk	8 Rotini with Grilled Chicken and Broccoli Or Buttered Pasta Garlic Bread Melon Cup 100% Fruit Juice Hormone Free Milk Sakanaya Sushi Salmon/California Roll	9 Brunch for Lunch French Toast Sticks Sausage Links (2) Breakfast Potatoes Cherry Tomato Cup Orange Smiles 100% Fruit Juice Hormone Free Milk	10 Sunrise Pizza Buffalo Slice \$4.00 Grandma Slice \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 100% Fruit Juice Hormone Free Milk
13 Cheese Quesadilla Seasoned Black Beans Sour Cream Vegetable Salsa Guacamole Apple Slices 100% Fruit Juice Hormone Free Milk	14 Penne Pasta Bar Marinara Sauce or Butter Sautéed Broccoli Rabe Soft Dinner Roll Granny Smith Apple 100% Fruit Juice Hormone Free Milk	15 Tempura Chicken with Terakihi Sauce Fluffy White Rice Steamed Broccoli Soft Dinner Roll Sakanaya Sushi Salmon/California Roll	16 Brunch for Lunch Texas French Toast Scrambled Egg Bake Hash Brown Potato Orange Slices 100% Fruit Juice Hormone Free Milk	17 Sunrise Pizza Buffalo Slice \$4.00 Grandma Slice \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 100% Fruit Juice Hormone Free Milk
20 Oven Baked Chicken Tenders Sweet Corn Fresh Grape Cup 100% Fruit Juice Hormone Free Milk	21 Yakisoba Noodles Teriyaki Sauce Tofu/Baby Bok Choy Diced Chicken Fresh Banana Fortune Cookie 100% Fruit Juice Hormone Free Milk	22 Brunch for Lunch Waffle or Pancake Turkey Bacon Potato Rounds Fresh Banana 100% Fruit Juice Hormone Free Milk Sakanaya Sushi Salmon/California Roll	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	Superintendent's Conference day School Closed
27th Popcorn Chicken Sweet Potato Rounds Sautéed Green Beans Fresh Fruit Basket 100% Fruit Juice Hormone Free Milk	28th Meatball Wedge On Soft Club Roll Parmesan Cheese Fresh Spinach Salad Sliced Melon 100% Fruit Juice Hormone Free Milk	29th Macaroni and Cheese Steamed Peas Chilled Tomato Cup Sliced Kiwi 100% Fruit Juice Hormone Free Milk Sakanaya Sushi Salmon/California Roll	30th BBQ Boneless Beef Rib with BBQ Sauce Corn on the Cobb Vegetable Pasta Salad Fresh Fruit Basket 100% Fruit Juice	31st Sunrise Pizza Buffalo Slice \$4.00 Grandma Slice \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 100% Fruit Juice



SCHOOL LUNCH PRICES

LUNCH: \$4.00

Gluten Free

Rolls, Cereal, Pizza and Pasta
available upon request

MEAL OF THE DAY INCLUDES:

Vegetable, Fresh Whole Fruit or 100%
Fruit Juice, Hormone/Antibiotic Free
Skim, Low Fat Choc and 1% 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/Greek

À la Carte Prices

Mini Poland Spring Water \$1.00
Dasani Water \$1.25
Poland Spring \$1.00
Baked Snack Varieties \$1.25
Fresh Fruit Purchase \$1.00
Pirate Booty
Small Fruit Salad \$2.50
Baked Cookie \$1.00 (Wednesdays)
Baked Whole Grain Pretzel
(Thursdays)
Ice Cream \$1.25-\$3.00 (Fridays)
We now are offering Chloe's
Frozen Fruit on Friday's at all
Schools