Middle School Menu

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Entrée****May select 1** | Roast Pork \_\_\_\_\_\_ with brown rice (WGR) \_\_\_\_\_\_***Or***Ground Beef & Mac (D-22) \_\_\_\_\_\_\_\_\_\_\_\_ | Tuna Salad (F-08*)* \_\_\_\_\_\_\_\_\_\_\_\_ on WW Bread (WGR) \_\_\_\_\_\_***Or***Baked Cajun Fish (D-46) \_\_\_\_\_\_with cornbread (B-09) \_\_\_\_\_\_ | Cheese Pizza with WG crust (WGR) \_\_\_\_\_\_\_\_\_\_\_\_***Or***Spaghetti with Meat Sauce (D-35) \_\_\_\_\_\_\_\_\_\_\_\_with WW breadstick (WGR) \_\_\_\_\_\_ | Chicken Fillet on WW bun (WGR) \_\_\_\_\_\_\_\_\_\_\_\_***Or***PBJ Sandwich on WW bread (WGR) \_\_\_\_\_\_\_\_\_\_\_\_ | Bean Burrito (D-12A) \_\_\_\_\_\_\_\_\_\_\_\_***Or***Sloppy Joes on WW bun (WGR)(F-05) \_\_\_\_\_\_\_\_\_\_\_\_ |
| **May select 1** | WW Sugar Cookie (WGR)(C-30) \_\_\_\_\_\_ |  |  |  |  |
| **May select 2 veggies****and****May select 2 fruits****(½ cup each unless noted)** | Orange glazed sweet potatoes (*I-13*)Tender zucchiniCrisp garden salad (*1.5 cups*)\*Fresh grapesBanana | Steamed broccoli & cauliflower *(¼ cup each*)Baked beans (*I-06; 2/3 cup; = ½ cup* *veg*)Romaine salad (*1 cup*)Orange slices, freshChilled apricots | Green peasFresh cherry tomatoesCrisp garden salad (*1.5 cups*)\*Chilled pearsFresh apple | Zesty zucchiniBlack bean & corn salad (*¼ cup each*)Romaine salad (*1 cup*)Fresh, crisp pearBanana | Lemon broccoliCrunchy carrotsCrisp garden salad (*1.5 cups*)\*Chilled pineappleKiwi slices |
| **May select 1****(1 carton, 8 fl oz)** | Lowfat milk (1%)Fat-free milkChocolate milk (FF) | Lowfat milk (1%)Fat-free milkChocolate milk (FF) | Lowfat milk (1%)Fat-free milkChocolate milk (FF) | Lowfat milk (1%)Fat-free milkChocolate milk (FF) | Lowfat milk (1%)Fat-free milkChocolate milk (FF) |
| **Optional** | House made French dressing | House made Italian dressing | House made Ranch dressing | MayonnaiseMustard | House made Ranch or French dressing |

\*Crisp Garden Salad = 1 cup Romaine lettuce + ¼ cup tomatoes + ¼ cup cucumbers