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 zucchini  Crisp garden salad (*1.5 cups*)\*  Fresh grapes  Banana | Steamed broccoli & cauliflower *(¼ cup each*)  Baked beans (*I-06; 2/3 cup; = ½ cup* *veg*)  Romaine salad  (*1 cup*)  Orange slices, fresh  Chilled apricots | Green peas  Fresh cherry tomatoes  Crisp garden salad (*1.5 cups*)\*  Chilled pears  Fresh apple | Zesty zucchini  Black bean & corn salad (*¼ cup each*)  Romaine salad (*1 cup*)  Fresh, crisp pear  Banana | Lemon broccoli  Crunchy carrots  Crisp garden salad (*1.5 cups*)\*  Chilled pineapple  Kiwi slices |
| **May select 1**  **(1 carton, 8 fl oz)** | Lowfat milk (1%)  Fat-free milk  Chocolate milk (FF) | Lowfat milk (1%)  Fat-free milk  Chocolate milk (FF) | Lowfat milk (1%)  Fat-free milk  Chocolate milk (FF) | Lowfat milk (1%)  Fat-free milk  Chocolate milk (FF) | Lowfat milk (1%)  Fat-free milk  Chocolate milk (FF) |
| **Optional** | House made French dressing | House made Italian dressing | House made Ranch dressing | Mayonnaise  Mustard | House made Ranch or French dressing |

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