



Lunch Menu January 14 -18

Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
Signature Roast Turkey Mashed Potatoes & Gravy Green Beans	"Taco Tuesday" Ground Beef, Brown Rice, Cheese, Salsa, Sour Cream, Black Beans	Lasagna w/Broccoli Breadstick	Tiger Bowl Popcorn Chicken, Mashed Potatoes, Gravy & Sweet Corn	"Breakfast for Lunch" Scrambled Eggs, French Toast Sticks Sausage Links
Grill Cheeseburger Spicy Chicken Strips	Cheeseburger Crispy Chicken Sandwich	Cheeseburger BBQ Pork	Cheeseburger Grilled Cheese	Cheeseburger Spicy Chicken Sandwich
Pizza Cheese Pepperoni	Cheese Cheeseburger	Cheese Pepperoni	Cheese Flying Pig	Cheese Pepperoni
Made-to-Order Deli Bread: Assorted Breads and Wraps Meat: Smoked Ham, Oven Roasted Turkey, Salami Cheese: Provolone, Cheddar, American Garnishes: Lettuce, Tomatoes, Pickles, Red Onions, Jalapenos, Banana Rings, Black Olives Spreads: Yellow Mustard, Mayo, Ranch, Italian Dressing, Salt & Black Pepper Potato Chips				

Combo

Includes: Choice of one entrée, two servings of fruits or vegetables, one grain or bread and one low-fat milk

Nutritional Targets

Calories: 800, Iron: 4.5 mg, Calcium: 400 mg, Vitamin A: 1500 IU,
 Vitamin C: 19.18 mg, Protein: 16.7 g, Total Fat Less Than 30%,
 Saturated Fat Less Than 10%

Please discuss any food allergy issues concerning your child with the Food Service Director

This is an equal opportunity provider.



