



# Middle School Lunch Menu December 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Chili Mac w/ Dinner Roll</b> BBQ Chicken Melt Bruschetta Pizza (V) Seasoned Mixed Vegetables	<b>Country Chicken Bowl w/ Dinner Roll</b> Meat Lovers Pizza Roasted Vegetables & Cheese Sub (V) Seasoned Broccoli	<b>Chana Masala w/ Brown Rice (V)</b> Turkey Ham & Cheddar Sandwich Chicken Enchilada w/ Rice & Corn Salad Ginger Carrots	<b>Korean Stew w/ Flatbread</b> Breaded Chicken Caesar Salad w/ Dinner Roll Flatbread Herb Cheese Pizza (V) Seasoned Mashed Potatoes	<b>Chicken Nuggets w/ Dinner Roll</b> Beef Quesadilla w/ Mexican Spiced Rice Baja Bean Salad w/ Dinner Roll (V) Campfire Beans
<b>Spaghetti &amp; Meatballs w/ Dinner Roll</b> Chicken Tacos w/ Brown Rice Kickin' Pinto Taco Salad w/ Tortilla Chips (V) Seasoned Broccoli	<b>Hot Dog on Bun</b> Bean Tacos Four Cheese Pizza w/ Breadstick (V) Seasoned Tater Tots	<b>Chili Cheese Fries w/ Dinner Roll</b> Three Cheese Melt Sandwich w/ Tomato Soup (V) Turkey Deli Sandwich Campfire Beans	<b>Potato Crusted Fish Nuggets w/ Macaroni &amp; Cheese</b> BBQ Cheeseburger Macaroni Cheese (V) Seasoned Green Beans	<b>Sweet &amp; Sour Chicken w/ Vegetables and Yellow Rice</b> Cheeseburger Roasted Vegetables & Cheese Sub (V) Seasoned Green Peas
<b>Oven Roasted Chicken w/ Dinner Roll</b> Veggie Burger (V) Beef & Bean Nachos w/ Cilantro Rice Kickin' Pinto Beans	<b>Vegetarian Chili Topped Potato w/ Dinner Roll (V)</b> Ranch Chicken Salad w/ Dinner Roll Cheese Pizza (V) Seasoned Broccoli	<b>General Tso's Chicken w/ Brown Rice</b> Egg Chef Salad w/ Dinner Roll (V) Sriracha Tortilla Chip Crunch Cheeseburger Ginger Glazed Carrots	<b>Rotini w/ Meat Sauce &amp; Dinner Roll</b> Beef Meatball Sub Cheddar & Broccoli Stromboli w/ Dinner Roll (V) Seasoned Green Beans	<b>Meatloaf w/ Sauce and Dinner Roll</b> Veggie Burrito (V) Turkey Hot Dog on Bun Mashed Potatoes
HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK

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(V) = Vegetarian

**OFFERED DAILY:** 100% Fruit Juice, Fruit (to include but not limited to apple/orange wedges, banana and grapes), & a Variety of Milk  
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*All menus are subject to change based on product availability*





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## APS Salad Bowl Middle School



Served Every Day:

Tossed Leafy Greens, Cucumbers, & Tomatoes, Onions (sliced/diced), Jalapeno Peppers, & Pickles

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Celery Sticks Grapes Pears	5 Red Pepper Strips Fresh Banana Apple Sauce	6 Broccoli Bites Fresh Apple Sliced Peaches	7 Seasoned Peas Fresh Orange Pineapple Tidbits	8 Coleslaw Apple, Banana & Orange Fruit Cup Mixed Fruit
11 Red Peppers Fresh Grapes Pineapple Tidbits	12 Broccoli Bites Fresh Banana Applesauce	13 Fresh Zucchini Fresh Apple Sliced Pears	14 Celery Sticks Fresh Orange Pineapple Tidbits	15 Baby Carrots Apple, Banana & Orange Fruit Cup Mixed Fruit
18 Fresh Zucchini Slices Grapes Sliced Peaches	19 Fresh Red Peppers Banana Applesauce	20 Broccoli Bites Fresh Apple Mixed Fruit	21 Baby Carrots Fresh Orange Sliced Pears	22 Celery Sticks Apple, Banana & Orange Fruit Cup Raisins
25 HOLIDAY BREAK	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 HOLIDAY BREAK	29 HOLIDAY BREAK

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# Middle Breakfast in the Classroom Menu December 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey Sausage Pancake Wrap Fresh Fruit 100% Fruit Juice Variety of Milk	Strawberry Pancakes Fresh Fruit 100% Fruit Juice Variety of Milk	Banana Muffin & Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk	Fruit & Cereal Bar Fresh Fruit 100% Fruit Juice Variety of Milk	Maple Mini Waffles Fresh Fruit 100% Fruit Juice Variety of Milk
Oatmeal Raisin Bar Fresh Fruit 100% Fruit Juice Variety of Milk	Assorted Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice Variety of Milk	Apple Cinnamon Muffin w/ Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk	Berry French Toast Fresh Fruit 100% Fruit Juice Variety of Milk	Country Chicken Biscuit Fresh Fruit 100% Fruit Juice Variety of Milk
Cinnamon French Toast Fresh Fruit 100% Fruit Juice Variety of Milk	Maple Pancakes Fresh Fruit 100% Fruit Juice Variety of Milk	Blueberry Muffin w/ Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk	Assorted Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice Variety of Milk	Apple Frudel Fresh Fruit 100% Fruit Juice Variety of Milk
HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK

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