



December 2017

Middle School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chili Mac w/ Dinner Roll BBQ Chicken Melt Bruschetta Pizza (V) Seasoned Mixed Vegetables <p style="text-align: right;">4</p>	Country Chicken Bowl w/ Dinner Roll Meat Lovers Pizza Roasted Vegetables & Cheese Sub (V) Seasoned Broccoli <p style="text-align: right;">5</p>	Chana Masala w/ Brown Rice (V) Turkey Ham & Cheddar Sandwich Chicken Enchilada w/ Rice & Corn Salad Ginger Carrots <p style="text-align: right;">6</p>	Korean Stew w/ Flatbread Breaded Chicken Caesar Salad w/ Dinner Roll Flatbread Herb Cheese Pizza (V) Seasoned Mashed Potatoes <p style="text-align: right;">7</p>	Chicken Nuggets w/ Dinner Roll Beef Quesadilla w/ Mexican Spiced Rice Baja Bean Salad w/ Dinner Roll (V) Campfire Beans <p style="text-align: right;">8</p>
Spaghetti & Meatballs w/ Dinner Roll Chicken Tacos w/ Brown Rice Kickin' Pinto Taco Salad w/ Tortilla Chips (V) Seasoned Broccoli <p style="text-align: right;">11</p>	Hot Dog on Bun Bean Tacos Four Cheese Pizza w/ Breadstick (V) Seasoned Tater Tots <p style="text-align: right;">12</p>	Chili Cheese Fries w/ Dinner Roll Three Cheese Melt Sandwich w/ Tomato Soup (V) Turkey Deli Sandwich Campfire Beans <p style="text-align: right;">13</p>	Potato Crusted Fish Nuggets w/ Macaroni & Cheese BBQ Cheeseburger Macaroni Cheese (V) Seasoned Green Beans <p style="text-align: right;">14</p>	Sweet & Sour Chicken w/ Vegetables and Yellow Rice Cheeseburger Roasted Vegetables & Cheese Sub (V) Seasoned Green Peas <p style="text-align: right;">15</p>
Oven Roasted Chicken w/ Dinner Roll Veggie Burger (V) Beef & Bean Nachos w/ Cilantro Rice Kickin' Pinto Beans <p style="text-align: right;">18</p>	Vegetarian Chili Topped Potato w/ Dinner Roll (V) Ranch Chicken Salad w/ Dinner Roll Cheese Pizza (V) Seasoned Broccoli <p style="text-align: right;">19</p>	General Tso's Chicken w/ Brown Rice Egg Chef Salad w/ Dinner Roll (V) Sriracha Tortilla Chip Crunch Cheeseburger Ginger Glazed Carrots <p style="text-align: right;">20</p>	Rotini w/ Meat Sauce & Dinner Roll Beef Meatball Sub Cheddar & Broccoli Stromboli w/ Dinner Roll (V) Seasoned Green Beans <p style="text-align: right;">21</p>	Meatloaf w/ Sauce and Dinner Roll Veggie Burrito (V) Turkey Hot Dog on Bun Mashed Potatoes <p style="text-align: right;">22</p>
HOLIDAY BREAK <p style="text-align: right;">25</p>	HOLIDAY BREAK <p style="text-align: right;">26</p>	HOLIDAY BREAK <p style="text-align: right;">27</p>	HOLIDAY BREAK <p style="text-align: right;">28</p>	HOLIDAY BREAK <p style="text-align: right;">29</p>

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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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This institution is an equal opportunity provider.

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 School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
Cheese Toast Strawberry Pancakes Graham Crackers Cheesy Grits Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk	Egg & Cheese Sandwich Assorted Cereal Maple Oatmeal Flavored Yogurt Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk	Turkey Sausage Breakfast Pizza Banana Muffin Flavored Yogurt Cheesy Grits Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk	Fruit Smoothie Graham Crackers Fruit & Cereal Bar Fresh Fruit Pineapple Tidbits 100% Fruit Juice Variety of Milk	Maple Mini Waffles Scrambled Eggs Grits w/ WG Biscuit Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk
11	12	13	14	15
Egg & Cheese Sandwich Oatmeal Raisin Bar Cheesy Grits WG Biscuit Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk	Chicken Biscuit Mini Maple Pancakes Maple Oatmeal Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk	Turkey Sausage Sandwich Apple Cinnamon Muffin Grits w/ Cheese Toast Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk	Scrambled Eggs WG Biscuit Berry French Toast Brown Sugar Oatmeal Fresh Fruit Raisins 100% Fruit Juice Variety of Milk	Turkey Sausage Breakfast Pizza Assorted Cereal Cheesy Grits WG Biscuit Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk
18	19	20	21	22
Egg, Cheese, & Turkey Sausage Slider Cinnamon French Toast Grits w/ Cheese Toast Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk	Turkey Sausage Pancake Wrap Maple Pancakes Maple Oatmeal Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk	Blueberry Muffin Flavored Yogurt Assorted Cereal w/ Graham Crackers Cheesy Grits w/ WG Biscuit Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk	Country Chicken Biscuit Fruit Smoothie w/ Graham Crackers Brown Sugar Oatmeal Fresh Fruit Raisins 100% Fruit Juice Variety of Milk	Fiesta Egg & Cheese Sandwich Apple Frudel Grits w/ Cheese Toast Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk
25	26	27	28	29
HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK

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