



Middle School Lunch Menu December 2017



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

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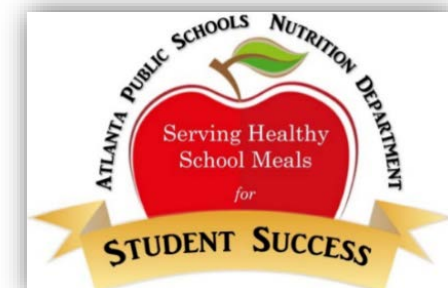
(V) = Vegetarian

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





APS Salad Bowl Middle School December 2017



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

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

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Middle School Grab & Go Breakfast Menu December 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey Sausage Pancake Wrap Fresh Fruit 100% Fruit Juice Variety of Milk 4	Strawberry Pancakes Fresh Fruit 100% Fruit Juice Variety of Milk 5	Banana Muffin w/ Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk 6	Fruit & Cereal Bar w/ Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk 7	Maple Waffles Fresh Fruit 100% Fruit Juice Variety of Milk 8
Oatmeal Raisin Bar Fresh Fruit 100% Fruit Juice Variety of Milk 11	Assorted Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice Variety of Milk 12	Apple Cinnamon Muffin w/ Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk 13	Berry French Toast Fresh Fruit 100% Fruit Juice Variety of Milk 14	Mini Maple Pancakes Fresh Fruit 100% Fruit Juice Variety of Milk 15
Cinnamon French Toast Fresh Fruit 100% Fruit Juice Variety of Milk 18	Maple Pancakes Fresh Fruit 100% Fruit Juice Variety of Milk 19	Blueberry Muffin w/ Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk 20	Assorted Cereal w/ Graham Crackers Fresh Fruit 100% Fruit Juice Variety of Milk 21	Apple Frudel Fresh Fruit 100% Fruit Juice Variety of Milk 22
HOLIDAY BREAK 25	HOLIDAY BREAK 26	HOLIDAY BREAK 27	HOLIDAY BREAK 28	HOLIDAY BREAK 29

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