







MIDDLE SCHOOL LUNCH MENU 2017-2018








Ontario-Montclair School District - Food & Nutrition Services

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>EXPRESS LINE</u></p>  <p>Spicy Chicken Sandwich Sugar Snap Peas Broccoli Fresh Orange</p> <p><u>MAIN LINE</u></p> <p>Orange Chicken Rice Bowl Chicken Corn Dog Turkey Chef Salad w/Breadstick Nacho Cheese w/Tortilla Chips Snapping Peas Steamed Broccoli Diced Pears Fresh Sliced Oranges</p> 	<p><u>EXPRESS AND MAIN LINE</u></p> <p>Pepperoni OR Four Cheese Pizza</p> <p>Romaine Salad w/Dressing Baby Carrots Sliced Peaches Rips</p>  <p>OR</p> <p>Oven Roasted Turkey & Cheese Deli Sub w/Assorted Baked Chips OR Chef's Choice</p> 	<p><u>EXPRESS LINE</u></p> <p>Spicy Chicken Sandwich Baby Carrots Romaine Salad w/Dressing Fresh Pear</p> <p><u>MAIN LINE</u></p> <p>Build Your Own Cheeseburger Roasted Chicken, Mashed Potatoes w/Gravy and Bread Roll Turkey Taco Nada Grilled Cheese Sandwich Baby Carrots Romaine Salad w/Dressing Fresh Strawberries Applesauce Cups</p>	<p><u>EXPRESS LINE</u></p> <p>Spicy Chicken Sandwich Jicama Sticks Roasted Chickpeas Grape Escapes</p> <p><u>MAIN LINE</u></p>  <p>Ardella's Pepperoni Sliders Ham & Cheese Deli Sub Mac & Cheese w/Cookie Spicy Popcorn Chicken w/Bread Roll Jicama Sticks Roasted Chickpeas Chilled Mango w/Tajin Grape Escapes</p> 	<p><u>EXPRESS LINE</u></p> <p>Spicy Chicken Sandwich Baby Carrots Potato Gems Chilled Cantaloupe</p> <p><u>MAIN LINE</u></p> <p>Chicken Tenders w/Cheez-Its PB & Grape Jelly Jamwich Tuna Sandwich w/Pickle and Baked Potato Chips Beef Mini Cheeseburgers Baby Carrots Potato Gems Peach Cup Chilled Honeydew</p>

Week 1 will be served the weeks of: 8/7, 8/21, 9/5, 9/18, 10/2, 10/17, 10/30, 11/13, 11/27, 12/11, 1/8, 1/22, 2/5, 2/20, 3/5, 3/19, 4/9, 4/23, 5/7, 5/21

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>EXPRESS LINE</u></p> <p>Spicy Chicken Sandwich Broccoli Baby Carrots Fresh Apple</p> <p><u>MAIN LINE</u></p> <p>Teriyaki Chicken Rice Bowl Cheese Max Sticks w/Marinara Sauce Pepperoni Calzone Ham Chef Salad w/Breadstick Steamed Broccoli Baby Carrots Mandarin Oranges Fresh Apple</p> 	<p><u>EXPRESS AND MAIN LINE</u></p> <p>Pepperoni OR Four Cheese Pizza</p> <p>Romaine Salad w/Dressing Baby Carrots Diced Peaches Rips</p>  <p>OR</p> <p>Oven Roasted Turkey & Cheese Deli Sub w/Assorted Baked Chips OR Chef's Choice</p> 	<p><u>EXPRESS LINE</u></p> <p>Spicy Chicken Sandwich Baby Carrots Cooked Corn Pineapple Pal</p> <p><u>MAIN LINE</u></p> <p>Beef Pretzel Dog Bean and Cheese Burrito Turkey Taco Nada Kung Pao Chicken Rice Bowl Baby Carrots Cooked Corn Diced Pears Pineapple Pal</p> 	<p><u>EXPRESS LINE</u></p>  <p>Spicy Chicken Sandwich Roasted Chickpeas Cucumber Slices Fresh Plums</p> <p><u>MAIN LINE</u></p> <p>Chili Cheese Fries w/Grahams French Bread Cheese Pizza Turkey Gravy w/Mashed Potatoes and Bread Roll Breaded Chicken w/Potato Gems Baked Beans Cucumber Slices Mixed Fruit Fresh Plums</p> 	<p><u>EXPRESS LINE</u></p> <p>Spicy Chicken Sandwich Crinkle Cut Fries Celery w/Peanut Butter Cup Chilled Watermelon</p> <p><u>MAIN LINE</u></p> <p>Chicken Tenders w/Cheez-Its PB & Grape Jelly Jamwich Southwest Salad w/ String Cheese & Tortilla Chips Green Chile and Cheese Tamale Crinkle Cut Fries Celery w/Peanut Butter Cup Diced Peaches Chilled Watermelon</p> 


Week 2 will be served the weeks of: 8/14, 8/28, 9/11, 9/25, 10/9, 10/23, 11/6, 12/4, 12/18, 1/16, 1/29, 2/13, 2/26, 3/12, 4/2, 4/16, 5/14

Starchy
Red/Orange
Dark Green
Legumes/Beans
Other

Daily Choice of milk

1% White OR
 Non-Fat Chocolate OR
 Non-Fat Strawberry at all meals.

USDA REQUIRES STUDENTS TO TAKE 3 OUT OF 5 COMPONENTS TO COUNT AS A COMPLETE MEAL. ONE OF THE COMPONENTS MUST BE 1/2 CUP OF FRUIT OR VEGETABLE.





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