






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> Spicy Chicken Sandwich Cucumber Coins Broccoli Bites Fresh Sliced Orange</p>	<p><u>EXPRESS AND MAIN LINE</u> Pepperoni OR Four Cheese Pizza Romaine Salad w/Dressing Baby Carrots Diced Peaches Rips </p> <p>OR Oven Roasted Turkey & Cheese Deli Sub w/Assorted Baked Chips OR Chef's Choice</p> 	<p><u>EXPRESS LINE</u> Spicy Chicken Sandwich Baby Carrots Romaine Salad w/Dressing Fresh Pear</p>	<p><u>EXPRESS LINE</u> Spicy Chicken Sandwich Jicama Sticks Roasted Chickpeas Flavored Raisels</p>	<p><u>EXPRESS LINE</u> Spicy Chicken Sandwich Baby Carrots Cool Peas Chilled Honeydew</p>
<p><u>MAIN LINE</u> Orange Chicken Rice Bowl Chicken Corn Dog Turkey Chef Salad w/Breadstick Nacho Cheese w/Tortilla Chips Cucumber Coins Steamed Broccoli Diced Pears Fresh Sliced Orange </p>	<p><u>MAIN LINE</u> Build Your Own Cheeseburger Roasted Chicken w/Mashed Potatoes, Gravy, and Bread Roll Turkey Taco Nada Grilled Cheese Sandwich Baby Carrots Romaine Salad w/Dressing Fresh Pear Applesauce Cups</p>	 <p><u>MAIN LINE</u> Ardella's Pepperoni Sliders Ham & Cheese Deli Sub Mac & Cheese Spicy Popcorn Chicken w/Bread Roll Jicama Sticks Roasted Chickpeas Chilled Mango w/Tajin Flavored Raisels Choc Chip Cookie</p>	<p><u>MAIN LINE</u> 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> Spicy Chicken Sandwich Broccoli Bites Baby Carrots Fresh Apple</p>	<p><u>EXPRESS AND MAIN LINE</u> Pepperoni OR Four Cheese Pizza Romaine Salad w/Dressing Baby Carrots Diced Peaches Rips </p> <p>OR Oven Roasted Turkey & Cheese Deli Sub w/Assorted Baked Chips OR Chef's Choice</p> 	<p><u>EXPRESS LINE</u> Spicy Chicken Sandwich Baby Carrots Cool Corn Pineapple Pieces</p>	 <p><u>EXPRESS LINE</u> Spicy Chicken Sandwich Roasted Chickpeas Cucumber Coins Strawberry Cup</p>	<p><u>EXPRESS LINE</u> Spicy Chicken Sandwich Jicama Sticks Celery w/Peanut Butter Cup Chilled Cantaloupe</p>
<p><u>MAIN LINE</u> Teriyaki Chicken Rice Bowl Cheese Max Sticks w/Marinara Sauce Spaghetti w/Breadstick Ham Chef Salad w/Breadstick Steamed Broccoli Baby Carrots Mandarin Oranges Fresh Apple </p>	<p><u>MAIN LINE</u> Beef Pretzel Dog Bean and Cheese Burrito Turkey Taco Nada Kung Pao Chicken Rice Bowl w/Sugar Cookie Baby Carrots Cooked Corn Diced Pears Pineapple Pieces</p>	<p><u>MAIN LINE</u> 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 Coins Mixed Fruit Strawberry Cup </p>	<p><u>MAIN LINE</u> Chicken Tenders w/Cheez-Its PB & Grape Jelly Jamwich Southwest Salad with Tortilla Chips & String Cheese Green Chile and Cheese Tamale Crinkle Cut Fries Celery w/Peanut Butter Cup Diced Peaches Chilled Cantaloupe</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, 4/30, 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.



Items may contain pork*

"Ontario-Montclair School District is an equal opportunity provider and employer"

Menu Subject to Change