



MIDDLE SCHOOL LUNCH MENU 2018-2019

Ontario-Montclair School District - Food & Nutrition Services



WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>EXPRESS LINE</p> <p>Spicy Chicken Sandwich Baby Carrots Broccoli Bites Assorted Fresh Fruit</p>	<p>EXPRESS AND MAIN LINE</p> <p>Pepperoni* Pizza Cheese Pizza PB & Grape Jelly Sandwich</p>	<p>EXPRESS LINE</p> <p>Spicy Chicken Sandwich Baby Carrots Romaine Salad w/Dressing Assorted Fresh Fruit</p>	<p>EXPRESS LINE</p> <p>Spicy Chicken Sandwich Zucchini Sticks Bean Salad Flavored Raisels</p>	<p>EXPRESS LINE</p> <p>Spicy Chicken Sandwich Baby Carrots Cool Corn Assorted Fresh Fruit</p>
<p>MAIN LINE</p> <p>Orange Chicken w/Brown Rice & Crackers Chicken Corn Dog Turkey Chef Salad w/CROUTONS & Crackers Nacho Cheese w/Tortilla Chips Baby Carrots Steamed Broccoli Diced Pears Assorted Fresh Fruit</p>	<p>Grape Tomatoes Cucumber Coins Frozen Peach Cup Rips</p>	<p>MAIN LINE</p> <p>Build Your Own Cheeseburger Roasted Chicken w/Mashed Potatoes, Gravy & Breadstick Turkey Taco Nada Chili Cheese Dog Baby Carrots Romaine Salad w/Dressing Applesauce Cups Assorted Fresh Fruit</p>	<p>MAIN LINE</p> <p>Turkey Ham & Cheese Deli Sub w/Baked Chips Ardella's Pepperoni Sliders Chili Beans w/Tostitos Scoops Spicy Popcorn Chicken w/Bread Roll Zucchini Sticks Bean Salad Chilled Mango w/Tajin Flavored Raisels Fresh Baked Cookie</p>	<p>MAIN LINE</p> <p>Chicken Tenders w/Cheez-Its PB & Grape Jelly Sandwich Beef Teriyaki Dunkers w/Brown Rice Beef Mini Cheeseburgers Baby Carrots Potato Gems Frozen Strawberry Cup Assorted Fresh Fruit</p>

Week 1 will be served the weeks of: 8/8, 8/20, 9/4, 9/17, 10/1, 10/15, 10/29, 11/13, 11/26, 12/10, 1/7, 1/22, 2/4, 2/19, 3/4, 3/18, 4/1, 4/15, 4/29, 5/13

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>EXPRESS LINE</p> <p>Spicy Chicken Sandwich Broccoli Bites Baby Carrots Assorted Fresh Fruit</p>	<p>EXPRESS AND MAIN LINE</p> <p>Pepperoni* Pizza Cheese Pizza PB & Grape Jelly Sandwich</p>	<p>EXPRESS LINE</p> <p>Spicy Chicken Sandwich Romaine Salad w/Dressing Cool Corn Assorted Fresh Fruit</p>	<p>EXPRESS LINE</p> <p>Spicy Chicken Sandwich Bean Salad Cucumber Coins Frozen Strawberry Cup</p>	<p>EXPRESS LINE</p> <p>Spicy Chicken Sandwich Celery Sticks w/Peanut Butter Cup Zucchini Sticks Assorted Fresh Fruit</p>
<p>MAIN LINE</p> <p>Teriyaki Chicken w/Brown Rice & Crackers Turkey Pepperoni Pizza Bagel Spaghetti w/Garlic Breadstick Turkey Ham Chef Salad w/CROUTONS & Crackers Steamed Broccoli Baby Carrots Applesauce Cup Assorted Fresh Fruit</p>	<p>Grape Tomatoes Zucchini Sticks w/Ranch Frozen Peach Cup Rips</p>	<p>MAIN LINE</p> <p>Chicken Taco Salad Kung Pao Chicken w/Brown Rice & Crackers Spicy Bean & Cheese Burrito Turkey Taco Nada Romaine Salad w/Dressing Cooked Corn Diced Pears Assorted Fresh Fruit Fresh Baked Cookie</p>	<p>MAIN LINE</p> <p>Chili Cheese Fries w/Doritos French Bread Pepperoni Pizza* Beef Pretzel Dog Breaded Chicken w/Potato Gems & Dinner Roll Baked Beans Cucumber Coins Mixed Fruit Frozen Strawberry Cup</p>	<p>MAIN LINE</p> <p>Chicken Tenders w/Cheez-Its PB & Grape Jelly Sandwich Southwest Salad w/Tortilla Chips & String Cheese Taco Triangles Seasoned Potato Wedges Celery w/Peanut Butter Cup Diced Peaches Assorted Fresh Fruit</p>

Week 2 will be served the weeks of: 8/13, 8/27, 9/10, 9/24, 10/9, 10/22, 11/5, 12/3, 12/17, 1/14, 1/28, 2/11, 2/25, 3/11, 4/8, 4/22, 5/6, 5/20

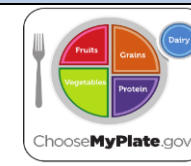
Starchy
Red/Orange
Dark Green
Legumes/Beans
Other

	Daily Choice of milk
	1% White
	Non-Fat Chocolate
	Non-Fat Strawberry

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.



REDUCE FOOD WASTE
 Choose what you want.
 Eat what you choose!



*Item may contain pork