













MIDDLE SCHOOL LUNCH MENU 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>Delivery Pepperoni* Pizza Delivery 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 Roasted Chickpeas 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 Rice Bowl w/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></p> <p>Grape Tomatoes Cucumber Coins 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 Cup Assorted Fresh Fruit</p>	<p>MAIN LINE</p> <p>Pepperoni Sliders* Beef Mini Cheeseburgers Beef Chili Beans w/Tostitos Scoops Spicy Popcorn Chicken w/Bread Roll Zucchini Sticks Roasted Chickpeas Chilled Mango w/Tajin Flavored Raisels Fresh Baked Cookie </p>	<p>MAIN LINE </p> <p>Subway Turkey Sandwich w/Baked Chips Chicken Tenders w/CheeZ-It Crackers PB & Grape Jelly Sandwich Beef Teriyaki Dunkers Rice Bowl w/Crackers Baby Carrots Potato Gems  Strawberry Cup Assorted Fresh Fruit</p>

Week 1 will be served the weeks of: 8/7, 8/19, 9/3, 9/16

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>Delivery Pepperoni* Pizza Delivery 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 Roasted Chickpeas Cucumber Coins Strawberry Cup</p>	<p>EXPRESS LINE </p> <p>Spicy Chicken Sandwich Jicama Sticks Celery Sticks w/Peanut Butter Assorted Fresh Fruit</p>
<p>MAIN LINE</p> <p>Teriyaki Chicken Rice Bowl w/Crackers Turkey Pepperoni Pizza Bagel Spaghetti w/Meat Sauce & Garlic Breadstick Turkey Ham Chef Salad w/CROUTONS & Crackers Steamed Broccoli Baby Carrots Applesauce Cup Assorted Fresh Fruit</p>	<p></p> <p>Grape Tomatoes Zucchini Sticks w/Ranch Peach Cup Rips </p>	<p>MAIN LINE </p> <p>Chicken Taco Salad Kung Pao Chicken Rice Bowl w/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 Strawberry Cup </p>	<p>MAIN LINE </p> <p>Chicken Tenders w/CheeZ-It Crackers PB & Grape Jelly Sandwich Deep Dish Pepperoni Pizza Taco Triangles Seasoned Potato Wedges Celery Sticks w/Peanut Butter Diced Peaches Assorted Fresh Fruit </p>

Week 2 will be served the weeks of: 8/12, 8/26, 9/9, 9/23

<p>Starchy</p> <p>Red/Orange</p> <p>Dark Green</p> <p>Legumes/Beans</p> <p>Other</p>	<p>Daily Choice of milk</p> <p>1% White Non-Fat Chocolate Non-Fat Strawberry</p>	<p>USDA requires students to take 3 out of the 5 components to count as a complete meal. One of the components must be 1/2 cup of fruit or vegetable.</p>	<p></p> <p>REDUCE FOOD WASTE Choose what you want. Eat what you choose!</p>	<p></p> <p>ChooseMyPlate.gov</p>
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*Item may contain pork