



MIDDLE SCHOOL LUNCH MENU 2019-2020

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 Grape Tomatoes Romaine Salad w/Dressing Assorted Fresh Fruit</p>	<p>EXPRESS LINE</p> <p>Spicy Chicken Sandwich Zucchini Coins Roasted Chickpeas Flavored Raisels</p>	<p>EXPRESS LINE</p> <p>Spicy Chicken Sandwich Baby Carrots Curly Fries Assorted Fresh Fruit</p>
<p>MAIN LINE</p> <p>Orange Chicken Rice Bowl w/Veggie Egg Roll Turkey Taco Nada Beef Mini Cheeseburgers Nacho Cheese w/Tortilla Chips Baby Carrots Broccoli Bites Diced Pears Assorted Fresh Fruit</p>	<p>Carrot-Celery Combo Cucumber Coins Assorted Fresh Fruit Rips</p>	<p>MAIN LINE</p> <p>Pepperoni Sliders* Turkey Chef Salad w/CROUTONS & Crackers Bean & Cheese Burrito Roasted Chicken w/Mashed Potatoes, Gravy & Cornbread Grape Tomatoes Romaine Salad w/Dressing Applesauce Cup Assorted Fresh Fruit Fresh Baked Cookie</p>	<p>MAIN LINE</p> <p>Build Your Own Cheeseburger Buffalo Chicken Bites w/Cheez-It Crackers Anytimers! Turkey Ham & Cheese w/Crackers Grilled Cheese Sandwich Zucchini Coins Roasted Chickpeas Chilled Mango w/Tajin Assorted Fresh Fruit</p>	<p>MAIN LINE</p> <p>SUBWAY Subway Turkey Sandwich Crispy Chicken Strips w/Cheez-It Crackers Cheese Pull-Aparts w/Marinara Sauce Taco Triangles Baked Cheetos Baby Carrots Curly Fries Strawberry Cup Assorted Fresh Fruit</p>

Week 1 will be served the weeks of: 2/11, 2/24, 3/9, 3/30, 4/13, 4/27, 5/11

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 Tater Tots Strawberry Cup</p>	<p>EXPRESS LINE</p> <p>Spicy Chicken Sandwich Cucumber Coins Baby Carrots Assorted Fresh Fruit</p>
<p>MAIN LINE</p> <p>Teriyaki Chicken Rice Bowl w/Veggie Egg Roll Turkey Pepperoni Pizza Bagel Spaghetti w/Meat Sauce & Garlic Breadstick Turkey Taco Nada Broccoli Bites Baby Carrots Applesauce Cup Assorted Fresh Fruit</p>	<p>Carrot-Celery Combo Zucchini Coins w/Ranch Assorted Fresh Fruit Rips</p>	<p>MAIN LINE</p> <p>Turkey Ham Chef Salad w/CROUTONS & Crackers Kung Pao Chicken Rice Bowl w/Veggie Egg Roll Bean & Cheese Burrito Anytimers! Pizza Kit Romaine Salad w/Dressing Cool Corn Diced Pears Assorted Fresh Fruit Fresh Baked Cookie</p>	<p>MAIN LINE</p> <p>French Bread Pepperoni Pizza* Beef Pretzel Dog Breaded Chicken & Dinner Roll Beef Mini Cheeseburgers Baked Beans Tater Tots Strawberry Cup Assorted Fresh Fruit</p>	<p>MAIN LINE</p> <p>Turkey & Cheese Deli Sandwich Chili Cheese Fries Deep Dish Pepperoni Pizza Crispy Chicken Strips w/Cheez-It Crackers Baked Doritos Cucumber Coins Baby Carrots Diced Peaches Assorted Fresh Fruit</p>

Week 2 will be served the weeks of: 2/3, 2/18, 3/2, 3/16, 4/6, 4/20, 5/4, 5/18

<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 5 COMPONENTS TO COUNT AS A COMPLETE MEAL. ONE OF THE COMPONENTS MUST BE 1/2 CUP OF FRUIT OR VEGETABLE.</p>	
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*Item may contain pork