

May 2018 Middle School Lunch

Meal Pattern

Choice of Entrée,
Grain/Bread, Vegetable,
Fruit, Milk

Milk Choices of 1%-14
or Fat Free Chocolate-
20 are offered daily

Juice-14
Craisins/Raisins-29
are offered daily

Tips for Parents

*Be a role model. Take an
active role in encouraging
your kids eat more fruits,
vegetables, and whole
grains.*

*Encourage your kids to
get at least 60 minutes of
moderate exercise each
day (30 minutes for
adults). Family meals are
a great time for parents to
connect and share the
details of the day.*



five two one
almost none

This institution is an equal
opportunity provider.
Menu subject to change.

NO SCHOOL



Monday, April 30	Tuesday, May 1	Wednesday, May 2	Thursday, May 3	Friday, May 4
Meatloaf-7 w/ *Roll-29 *Stuffed Crust Pizza-34 Hot Dog on *Bun-30 Egg Salad Wrap w/ lettuce & carrots - 54 Mashed Potatoes-14 Multi-Color Cauliflower-5 Crinkle Cut Fries-14 Fresh Apple-17 Sliced Pears-15	*Taco Salad-35 *Cheese Quesadilla-30 *Pepperoni Pizza-34 Chicken Caesar Salad-21 w/*Roll-29 Fiesta Beans-20, Corn-16 Salsa-3, Sour Cream-2 Lettuce-3, Tomato-3 ,Cheese-1 Straight Cut Fries-19 Fresh Orange-16 Pineapple Tidbits-19	*Sloppy Joe Sandwich-37 *Corn Dog-30 Stuffed Crust Pizza-34 Garden Salad w/ Cheese -18 & 2 *Breadsticks-36 Peas-11 Baked Sweet Potato-12 w/ cinnamon toping-11 Potato Wedges-18 Fresh Orange-16 Fruit Cocktail-15	Spaghetti-29 w/ *Breadstick-18 *Pepperoni Pizza-34 *Cheeseburger-30 Chicken Garden Salad-27 w/ *2 Breadsticks-36 Caesar side Salad-8 Mixed Veggies-4 Tater Tots-14 Local Apple-17 Applesauce-14	*Chicken Fillet Sandwich-42 *Stuffed Crust Pizza-34 6 Chicken Nuggets-16 w/ *Roll-29 Crinkle Cut Fries-14 Glazed Carrots-19 Fresh Apple-17 Sliced Peaches-14
Monday, May 7	Tuesday, May 8	Wednesday, May 9	Thursday, May 10	Friday, May 11
*BBQ Sandwich-43 *Popcorn Chicken-9 w/*Breadstick-18 *Cheese Stuffed Sticks-30 w/ Marinara Creamy Cole Slaw-5 Baked Beans-27 Tater Tots-14 Fresh Banana-27 Fruit Cocktail-15	*Orange Chicken-25 w/*Rice-6 *Cheeseburger-30 Pepperoni Pizza-34 Chicken Caesar Salad-21 w/*Roll-29 Steamed Broccoli-5 Glazed Carrots-19 Crinkle Cut Fries-14 Tomato-3 & Lettuce-3 Fresh Apple-17 Mandarin Oranges-17	*Turkey & Cheese Sub-35 *Chicken Fillet Sandwich-42 French Bread Pizza- 29 Garden Salad with Egg-18 & 2 *Breadsticks-36 Mixed Veggies-4 Straight Cut Fries-19 Tomato-3 & Lettuce-3 Fresh Orange-16 Pineapple Tidbits-19	Baked Ziti-40 6 *Chicken Rings-17 w/ *Breadstick-18 *Stuffed Crust Pizza-34 Chef Garden Salad-15 *Breadsticks-36 Caesar side Salad-8 Fresh Cucumber Slices-4 Potato Wedges-18 Fresh Banana-27 Sliced Peaches-14	*Pepperoni Pizza-34 *Corn Dog-30 *Cheeseburger-30 Sweet Potato Crinkle Fries-19 Broccoli-3 Straight Cut Fries-19 Fresh Kiwi-11 Fruit Cocktail- 15
Monday, May 14	Tuesday, May 15	Wednesday, May 16	Thursday, May 17	Friday, May 18
Salisbury Steak- 6 6 Chicken Nuggets-16 w/ *Roll-29 *Stuffed Crust Pizza-34 Egg Salad Wrap w/ lettuce & carrots - 27 Mashed Potatoes-14 Gravy- 4 Seasoned Green Beans-3 Crinkle Cut Fries-14 Local Fresh Apple-17 Sliced Pears-15	*Taco Salad-35 *Cheese Quesadilla-30 *Pepperoni Pizza-34 Chicken Caesar Salad-21 w/*Roll-29 Fiesta Beans-20, Corn-16 Salsa-3, Sour Cream-2, Lettuce-3, Tomato-3 ,Cheese-1 Straight Cut Fries-19 Fresh Orange-16 Pineapple Tidbits-19	_Breakfast for Lunch_ Eggs, Sausage-1 or Chicken-7 Biscuit-28 or* French Toast -38 Gravy-10 *Cheese Stuffed Sticks-30 w/ Marinara *Popcorn Chicken-9 Garden Salad w/ Cheese-18 & *2Breadstick-26 Tomatoes-8,Diced Potatoes-14 Fresh Pear-23,Spiced Apples- 14	Chili Mac & Cheese-29 *Chicken Fillet Sandwich-42 *Pepperoni Pizza-34 Chicken Garden Salad-27 w/ *Roll-29 Garden Side Salad-5 Glazed Carrots-19 Crinkle Cut Fries-14 Fresh Banana-27 Sliced Pears-15	-Cook Out Day- *Cheeseburgers-30 & *Hot Dogs-30 *Stuffed Crust Pizza-34 Baked Beans-27 Tater Tots-14 Tomatoes-3 & Lettuce-3 Fresh Apple-17 Fruit Cocktail-15
Monday, May 21	Tuesday, May 22	Wednesday, May 23	Thursday, May 24	Friday, May 25
Chicken Pot Pie-19 *Pepperoni Pizza-34 *6 Chicken Nuggets- 16 w/ *Roll-29 Mashed Potatoes-14 Peas & Carrots-14 Tater Tots-14 Strawberry Cup-15 Pineapple Tidbits-19	Teriyaki Chicken-14 *Noodles-26 *Cheeseburger-30 *Stuffed Crust Pizza-34 Chicken Caesar Salad-21 w/ *Roll-29 Stir Fry Veggies-5 Cauliflower-5 Crinkle Cut Fries-14 Tomatoes-3 & Lettuce-3 Fresh Orange-16 Sliced Peaches-14	Veggie Beef Soup-14 *Grilled Cheese-29 or *PB & J-53 *French Bread Pizza-29 *Corn Dog-30 Garden Salad w/Egg-12 & 2 *Breadsticks-26 Steamed Broccoli-5 Carrots-6 w/dip Straight Cut Fries-19 Fresh Apple-17 Fruit Cocktail-15	Mac & Cheese-25 w/ Little Smokies Oven Roasted Chicken-6 *Stuffed Crust Pizza-34 Chef Garden Salad-15 w/*Roll-29 Pinto Beans-18, Onions-1, Cabbage-5 & Tomatoes-3 Potato Wedges-18 Cornbread-25 Fresh Banana-27 Craisins-28	*Fish Fillet Dinner-30 w/ 4 Hushpuppies-30 *BBQ Sandwich-44 *Pepperoni Pizza-43 Crinkle Cut Fries-14 Seasoned Green Beans-3 Creamy Cole Slaw-5 Fresh Banana-27 Sliced Pears-15
Monday, May 28	Tuesday, May 29	Wednesday, May 30	Thursday, May 31	
NO SCHOOL	*Chicken Fajita -30 *Cheese Quesadilla-30 *Stuffed Crust Pizza-34 Chicken Caesar Salad-21 w/ *Roll-29 Onions-1, Peppers-1, Salsa-3, Sour Cream-2, Lettuce-3, Tomato-3 & Cheese-1 Black Beans-20, Corn-16 Straight Cut Fries-19 Fresh Apple-17 Craisins-28	*Ham & Cheese Sandwich-33 *Cheeseburger-30 *Pepperoni Pizza-34 Garden Salad w/ Egg -27 & 2 *Breadsticks-36 Carrots-6 w/ dip Potato Wedges- 18 Fresh Strawberries-20 Sliced Peaches-14	Chicken Alfredo-34 Teriyaki Dipper -6 w/ *Roll-29 *Stuffed Crust Pizza-34 Chicken Garden Salad-15 w/ *Roll-29 Seasoned Green Beans-3 Garden Side Salad-5 Crinkle Cut Fries-14 Fresh Apple-17 Pineapple Tidbits-19	*Notes items that are whole grain or contain whole grain. Numbers listed to the right of each item are total carbohydrates in grams.