

December 2017 Middle School Lunch Menu

School Nutrition Services
Loudoun County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

A Complete Meal Includes:

Choice of One Entree

Choice of Grain

Choice of One or Two Vegetables

Choice of One Fruit

Choice of One Milk

Additional Daily Meal Options

Vegetable Bar

Fruit Bar

Salads

Milk Variety

A-la-carte Items

4 **--Choose One Entree--**
Cheeseburger
Hamburger

Potato Crunch Pollock Filet
w/wo Dinner Roll

Spicy Chicken Sandwich

--Hot Vegetables--
Oven Baked Onion Rings

-Cold Fruit & Vegetable Bar-

--Choice of Milk--

5 **--Choose One Entree--**
Breaded Mozzarella Sticks
Marinara Sauce

Big Daddy's Pepperoni Pizza

--Hot Vegetables--
Steamed Broccoli
Steamed Sunshine Carrots

-Cold Fruit & Vegetable Bar-

--Choice of Milk--

6 **--Choose One Entree--**
Chicken Bites
w/wo Dinner Roll

Grilled Cheese Sandwich

Spicy Chicken Sandwich

--Choose Soup--
Tomato Bisque Soup

--Hot Vegetables--
Baked Potato Medley
Steamed Green Beans

-Cold Fruit & Vegetable Bar-

--Choice of Milk--

7 **--Choose One Entree--**
Fiesta Bean Taco

Beef Soft Taco

Big Daddy's Pepperoni Pizza

w/wo Steamed Brown Rice

--Hot Vegetables--
Baked Plantains
Vegetarian Refried Beans

-Cold Fruit & Vegetable Bar-

--Choice of Milk--

8 **--Choose One Entree--**
Popcorn Chicken Bowl
w/wo Garlic Knot

Veggie Stuffed Panini

--Hot Vegetables--
Mashed Potatoes
w/wo Chicken Gravy
Key West Vegetable Blend

-Cold Fruit & Vegetable Bar-

"Fear-Choice of Milk"
Parsnips

11 **--Choose One Entree--**
Penne Pasta

with Meat Sauce
with Alfredo Sauce

Spicy Chicken Sandwich

--Hot Vegetables--
Steamed Corn
Steamed Green Beans

-Cold Fruit & Vegetable Bar-

--Choice of Milk--

12 **--Choose One Entree--**
Chicken & Cheese Enchilada

Honey Sriracha Chicken Rice
Bowl

Big Daddy's Cheese Pizza

w/wo Steamed Brown Rice

--Hot Vegetables--
Steamed Broccoli

-Cold Fruit & Vegetable Bar-

--Choice of Milk--

13 **--Choose One Entree--**
Italian Veggie Flatbread

Buffalo Chicken Flatbread

Breaded Baked Chicken
Sandwich

--Choose Soup--
Vegetable Soup

--Hot Vegetables--
Parmesan Edamame
Tater Tots

-Cold Fruit & Vegetable Bar-

--Choice of Milk--

14 **--Choose One Entree--**
Beef Nacho Grande

Fiesta Bean Nachos

Spicy Chicken Sandwich

w/wo Steamed Brown Rice

--Hot Vegetables--
Baked Plantains
Vegetarian Refried Beans

-Cold Fruit & Vegetable Bar-

--Choice of Milk--

15 **--Choose One Entree--**
Chicken Bites
w/wo Dinner Roll

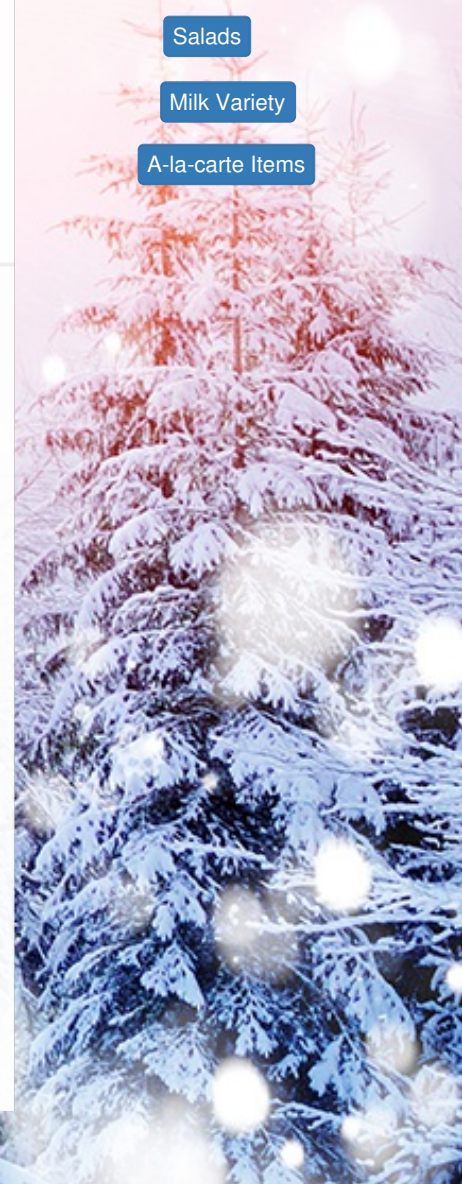
Potato Crunch Pollock Filet
w/wo Dinner Roll

Spicy Chicken Sandwich

--Hot Vegetables--
Steamed Sunshine Carrots

-Cold Fruit & Vegetable Bar-

--Choice of Milk--



December 2017 Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
18 No School	19 No School	20 No School	21 No School	22 No School
<p>USDA is an equal opportunity provider and employer. Menus subject to change without notice.</p>				
<p style="text-align: right;">Lunch Prices Free & Reduced - no charge Paid - \$3.15 Adult - \$4.10</p>				
25 No School	26 No School	27 No School	28 No School	29 No School
<p style="text-align: center;">Winter Break December 18th thru January 1st Return to school January 2nd</p>				

