

Middle School STAFF Lunch Menu

March 2018



WK 4

WK 1

WK 2

WK 3

WK 4

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Several Options of Fresh Fruit & Veggies Available Everyday!</p>		<p>1</p> <p>Bosco Sticks & Sauce</p> <p>or</p> <p>BBQ Pork Sandwich</p> <p>Carrots / Cole Slaw</p> <p>Garden Salad/Assorted Vegetables</p> <p>Pineapple Tidbits</p> <p>Assorted Fresh Fruit</p> <p>Milk</p>	<p>2</p> <p>Fresh Pizza or Flat Bread</p> <p>or</p> <p>Potato Crusted Pollock & Corn Bread</p> <p>Peas & Carrots / Fries</p> <p>Garden Salad/Assorted Vegetables</p> <p>Pineapple & Mandarin Orange Mix up</p> <p>Assorted Fresh Fruit</p> <p>Milk</p>
<p>5</p> <p>Mediterranean Turkey Panini</p> <p>or</p> <p>Sloppy Joe & Baked Chips</p> <p>Green Beans</p> <p>Garden Salad/Assorted Vegetables</p> <p>Applesauce</p> <p>Assorted Fresh Fruit</p> <p>Milk</p>	<p>6</p> <p>**NEW** Mini Quesadillas</p> <p>or</p> <p>Brat & Sauerkraut Sandwich</p> <p>Corn / Spanish Rice</p> <p>Garden Salad/Assorted Vegetables</p> <p>Pineapple Tidbits</p> <p>Assorted Fresh Fruit</p> <p>Milk</p>	<p>7</p> <p>Pasta Roll Up in Meat Sauce & Twisted Bread Stick</p> <p>or</p> <p>Babe Ruth Sandwich</p> <p>Broccoli</p> <p>Garden Salad/Assorted Vegetables</p> <p>Grilled Peppers & Onions</p> <p>Diced Peaches / Assorted Fresh Fruit</p> <p>Milk</p>	<p>8</p> <p>Macaroni & Cheese / Dinner Roll</p> <p>or</p> <p>Italian Beef & Mozzarella</p> <p>Mashed Potatoes & Gravy</p> <p>Glazed Carrots</p> <p>Garden Salad/Assorted Vegetables</p> <p>Pineapple Tidbits / Assorted Fresh Fruit</p> <p>Milk</p>	<p>9</p> <p>Fresh Pizza or Flat Bread</p> <p>or</p> <p>Cheeseburger</p> <p>Baked Beans / Fries</p> <p>Garden Salad/Assorted Vegetables</p> <p>Pineapple & Mandarin Orange Mix up</p> <p>Assorted Fresh Fruit</p> <p>Milk</p>
<p>12</p> <p>Hot Ham & Cheese Panini</p> <p>Broccoli Chicken Rice Casserole & Dinner Roll</p> <p>Tator Tots / Malibu Blend</p> <p>Garden Salad/Assorted Vegetables</p> <p>Pineapple Tidbits</p> <p>Assorted Fresh Fruit</p> <p>Milk</p>	<p>13</p> <p>Chicken Fajita</p> <p>Taco Salad</p> <p>Pork Cubana Sandwich</p> <p>Refried Beans / Corn</p> <p>Garden Salad/Assorted Vegetables</p> <p>Spiced Apples</p> <p>Assorted Fresh Fruit</p> <p>Milk</p>	<p>14</p> <p>Stuffed Shells in Meat or Marinara Sauce & Twisted Breadstick</p> <p>or</p> <p>Italian Sausage Sandwich</p> <p>Broccoli</p> <p>Garden Salad/Assorted Vegetables</p> <p>Grilled Peppers & Onions</p> <p>Diced Peaches / Assorted Fresh Fruit</p> <p>Milk</p>	<p>15</p> <p>Fresh Chicken Stir Fry with Egg Roll</p> <p>or</p> <p>BBQ Rib Sandwich</p> <p>Green Beans / Pasta Salad</p> <p>Garden Salad/Assorted Vegetables</p> <p>Pineapple Tidbits</p> <p>Assorted Fresh Fruit</p> <p>Milk</p>	<p style="color: green; font-weight: bold;">Happy St. Patrick's Day!</p> <p>Fresh Pizza or Flat Bread</p> <p>or</p> <p>Rueben</p> <p>Red Potatoes & Cabbage</p> <p>Peas & Carrots / Fries</p> <p>Garden Salad/Assorted Vegetables</p> <p>Pineapple & Mandarin Orange Mix up</p> <p>Assorted Fresh Fruit/Milk</p> <p>Whole Grain Rainbow Goldfish Crackers</p>
<p>19</p> <p>Macaroni & Cheese / Dinner Roll</p> <p>or</p> <p>Turkey & Cheese Panini</p> <p>Broccoli</p> <p>Garden Salad/Assorted Vegetables</p> <p>Applesauce</p> <p>Assorted Fresh Fruit</p> <p>Milk</p>	<p>20</p> <p>Southwest Lasagna</p> <p>or</p> <p>Malibu Chicken Sandwich</p> <p>Corn</p> <p>Garden Salad/Assorted Vegetables</p> <p>Pineapple Tidbits</p> <p>Assorted Fresh Fruit</p> <p>Milk</p>	<p>21</p> <p>Stuffed Meatball with Spaghetti & Marinara Sauce</p> <p>or</p> <p>Spring Baked Potato Bar</p> <p>Green Beans</p> <p>Garden Salad/Assorted Vegetables</p> <p>Grilled Peppers & Onions</p> <p>Diced Peaches / Assorted Fresh Fruit</p> <p>Milk / Twisted Breadstick</p>	<p>22</p> <p>Grilled Pepper & Beef Melt on Ciabatta Bread</p> <p>or</p> <p>Turkey & Gravy</p> <p>Mashed Potatoes & Gravy</p> <p>Potato Salad</p> <p>Pineapple Tidbit/Assorted Fresh Fruit</p> <p>Garden Salad/Assorted Vegetables</p> <p>Milk / Dinner Roll</p>	<p style="background-color: #008000; color: white; padding: 5px; font-weight: bold;">SPRING CELEBRATION</p> <p>Fresh Pizza or Flat Bread</p> <p>or</p> <p>Tuna Melt</p> <p>Baked Beans / Fries</p> <p>Garden Salad/Assorted Vegetables</p> <p>Pineapple & Mandarin Orange Mix up</p> <p>Assorted Fresh Fruit/Milk</p> <p>Springtime Bunny Cookie</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>

Spring Break!

Adult Meal=\$3.20
Milk = \$.50

DELI BAR

Build a Salad or Sandwich

Assorted Cold Sandwiches including Turkey & Ham on White Bread, Sub Bun, Ciabatta, Croissant, Wrap, Panini, Pretzel Roll, Top with Assorted Veggies

Fresh Grilled Chicken Sandwich Served Daily

Weekly Salad Specials

MON: Antipasto Salad

TUES: Greek Salad

WED: Cobb Salad

THURS: Greek Salad

Weekly Specials

MON: Chicken BLT on Ciabatta Bread

TUES: Turkey Avocado Wrap

WED: Beef & Pepper Jack on Focaccia Bread

THURS: Turkey Avocado Wrap

Homemade SOUPS offered DAILY

Soup is A La Carte only

March 5-9, 19-23 March 1-2, 12-16

Mon: Pasta Fagioli Mon: Chicken Noodle

Tues: Cream of Broccoli Tues: Chili

Wed: Cream of Chicken Wed: Cream of Chicken

Thurs: Lemon Rice Thurs: Cream of Potato

Fri: Chef's choice Fri: Chef's choice

A complete lunch consists of :

One entrée choice and
2 side dishes (fruit or vegetables)
1 side dish must be a fruit
or vegetable and milk

Menu is based on product availability and is subject to change

Group Luncheons

Group Luncheons featuring Pizza and various items are available for parties of 8 or more. Please contact your kitchen Manager by email. All Pizzas are \$10

If you have any suggestions for our staff menus or setting up an account, please contact your kitchen Managers at any time.

Lake Central
School Corporation

Gladys Rediger - FS Director
Linda Johnson- FS Administrative Assistant
Food Service Central Office
865-4416

This institution is an equal opportunity provider.