





September 2021 MENU

Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Daily Alternates Chicken Patty Sandwich Pizza (V)(GF), Burgers (GF) BH Sandwiches (V) (GF) Fresh Salads w/ chicken or cheese (GF) (V) & WG crackers</p>	<p><u>We Use Boar's Head Premium Deli Meats</u></p>  <p>Boar's Head</p>	<p><u>MENU IS SUBJECT TO CHANGE</u></p>		
	<p>(GF) = Can be ordered in advance as a <u>Gluten Free item</u> (V) = <u>Vegetarian</u> (Most items can come vegetarian, ask for no meat)</p>	<p>*GF chicken Nuggets Can be substituted</p>	<p>9 BRUNCH FOR LUNCH Pancakes (V) Sausage patty Hash Brown Squares Fruit choice Milk Choice</p>	<p>10 MAX Pizza sticks (V) w/ sauce Seasoned Green Beans Fruit choice Milk Choice</p>
<p>13 *Popcorn Chicken w/ Dipping Sauce WG crackers Steamed Broccoli Fruit Choice Milk Choice</p>	<p>14 Grilled Chicken & cheese quesadilla Black bean salad Fruit choice Milk Choice</p>	<p>15 BRUNCH FOR LUNCH French toast sticks (V) Bacon Hash Brown Rounds Fruit Choice Milk Choice</p>	<p>16 NO SCHOOL YOM KIPPUR</p>	<p>17 Mozzarella Sticks With (V) W/ Dipping Sauce Sweet crisp carrots Fruit Choice Milk Choice</p>
<p>20 Chicken Tenders (GF) Roasted Broccoli WG Breadstick Fruit Choice Milk choice</p>	<p>21 Macho Nachos (GF) Crunchy Tostitos w/ Beef Nacho Cheese sauce Salsa & Sour Cream Black Bean Salad Fruit choice Milk Choice</p>	<p>22 Meatball Parm hero (GF) Steamed buttery Carrots Fruit Choice Milk Choice</p>	<p>23 BRUNCH FOR LUNCH Waffles (V) Bacon Tater tots Fruit Choice Milk choice</p>	<p>24 MAX Pizza sticks (V) w/ sauce Side Salad Fruit choice Milk Choice</p>
<p>27 Chicken Nuggets (GF) w/ Dipping Sauce WG crackers sautéed Broccoli Fruit choice Milk Choice</p>	<p>28 Taco Tuesday (GF) 2 Tacos w/ beef & Cheese Salsa & Sour cream Black bean & corn Salad Fruit choice Milk Choice</p>	<p>29 Chicken Parm Hero (GF) Roasted Carrots Fruit choice Milk Choice</p>	<p>30 BRUNCH FOR LUNCH French toast (V) Sausage Hash brown rounds Fruit Choice Milk Choice</p>	
<p>This institution is an equal opportunity provider & employer</p>				
<p>Using the www.MySchoolBucks.com account is recommended to purchase snacks</p>				

Regular Lunch-\$FREE

Please register at MySchoolBucks.com To make pre-payments, Check balances and Transaction history. Look on our District Website under "Lunch Menus" for details.

Meal Components

(Minimum requirements)

Meat/Meat alternative

- 1 oz. daily
- 9 oz. weekly

Whole Grain

- 1 oz. daily
- 8 oz. weekly

Vegetable

- 3/4 cup daily
- 3 ¼ cup weekly

Fruit

- 1/2 Cup daily
- 2 1/2 cups weekly

Milk – 8 oz. milk choice

USDA Regulations

Students must take 3 of 5 components 1 of which must be a fruit or vegetable

Make FREE Breakfast a Part of Your Day

Fresh Bagels, Assorted Muffins, Egg sandwiches, yogurt, Cereal Juice or Fruit & Milk