

WE ♥
HERBS & SPICES

SIMPLY GOOD

Kramer Middle School Lunch Cycle Menu with Salad Bar & Deli Bar **February 1-5**

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (includes a source of protein and grain/bread accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. All grains are whole grain rich. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 International	Burrito or Bowl Turkey Taco Meat Cilantro Lime Chicken Fiesta Black Beans Optional: Cilantro Brown Rice, Fiesta Black Beans, Cheese Sauce, Jalapeno, Lettuce, Corn Salsa, Pico De Gallo	Chicken Taco	Lo Mein Noodles Veggie Patty Chili Lime Chicken Optional: Fresh Shredded Carrots Fresh Diced Cucumber Fresh Shaved Onions Pineapple Tidbits	Veggie Chili w/Dinner Roll	Nachos Turkey Taco Meat Cilantro Lime Chicken Veggie Refried Beans Optional: Spanish Brown Rice, Veggie Refried Beans, Cheese Sauce, Jalapeno, Lettuce, Corn Salsa, Pico De Gallo
 Pizza	Pizza Chef is Off Today!	Homemade Cheese Pizza on Whole Grain Crust	Off Again Today!	And Yet Again!	Homemade Cheese Pizza on Whole Grain Crust
 Grill	Chicken Nuggets w/ Mumbo or Ranch Sauce and Cornbread	Toasted Two Cheese Sandwich	Turkey Hot Dog w/ Toppings	Cheeseburger w/ Lettuce & Tomato Garnish	Cheese and Yogurt Platter
 Outtakes	Garden Salad w/ Romaine, Tomatoes, Cheese & Garlic Bun	Turkey Bologna Sandwich w/Mustard	Mexican Corn Salad w/ Black Beans & Tortilla Chips	Veggie Wrap w/Hummus, Cheese, Tomato and Cucumber	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Garlic Roll
 Sides	Seasoned Green Peas & Carrots Fresh Romaine & Tomato Side Salad Fresh Local Apple Assorted Fresh Fruit	Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Pineapple Cup Assorted Fresh Fruit	Green Beans Italiano Fresh Celery Sticks w/ Light Dressing Fresh Orange Assorted Fresh Fruit	Sweet Potato Fries Fresh Cucumber Coins w/Light Dressing Fresh Banana Assorted Fresh Fruit	Baked Beans Fresh Baby Carrots w/Light Dressing 100% Grape Juice Assorted Fresh Fruit
 Deli	Start With: Assorted Breads, Rolls, & Wraps Add: Assorted Meats, Cheeses, Homemade Egg Salad, Homemade Chicken Salad Top With: Mustard, Mayo, Salad Dressing Finish With: Lettuce, Tomato, Sliced Red Onions				
 Salad	Start With: Fresh Romaine Mix, Spinach, Fresh Cucumbers, Shredded Fresh Carrots, Fresh Tomatoes, Sliced Radishes, Fresh Jicama Top With: Shredded Cheddar Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans Finish With: Buffalo Chicken, Sliced Eggs, Garlic Croutons, 2 Garlic Breadsticks				



Kramer Middle School Lunch Cycle Menu with Salad Bar & Deli Bar February 8-12

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/whole grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 International	Burrito or Bowl Turkey Taco Meat Cilantro Lime Chicken Fiesta Black Beans Optional: Cilantro Brown Rice, Fiesta Black Beans, Cheese Sauce, Jalapeno, Lettuce, Corn Salsa, Pico De Gallo	Caribbean Chicken Drumstick w/ Brown Rice	Lo Mein Noodles Veggie Patty Chili Lime Chicken Optional: Fresh Shredded Carrots Fresh Diced Cucumber Fresh Shaved Onions Pineapple Tidbits	Nachos Turkey Taco Meat Cilantro Lime Chicken Veggie Refried Beans Optional: Spanish Brown Rice, Veggie Refried Beans, Cheese Sauce, Jalapeno, Lettuce, Corn Salsa, Pico De Gallo	PD DAY NO SCHOOL
 Pizza	Pizza Chef is Off Today!	Homemade Cheese Pizza on Whole Grain Crust	Off Again Today!	Homemade Cheese Pizza on Whole Grain Crust	
 Grill	Chicken Nuggets w/ Mumbo Sauce and Cornbread	Teriyaki Veggie Burger	Spicy Ukrainian Chicken Sandwich	Toasted Two Cheese Sandwich	
 Outtakes	Garden Salad w/Romaine, Tomatoes, Cheese & Garlic Bun	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Garlic Roll	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Turkey Salami Sandwich w/ Mustard	
 Sides	Fiesta Black Beans Fresh Baby Carrots w/Light Dressing Fresh Local Apple Assorted Fresh Fruit	Local Fresh Baked Sweet Potato w/Cinnamon Fresh Cucumber & Tomato Salad Pineapple Cup Assorted Fresh Fruit	Glazed Carrots Fresh Local Tuscan Kale Salad Fresh Orange Assorted Fresh Fruit	Mashed Potatoes w/ Gravy Fresh Cucumber Coins w/Light Dressing Fresh Banana Assorted Fresh Fruit	
 Deli	Start With: Assorted Breads, Rolls, & Wraps Add: Assorted Meats, Cheeses, Homemade Egg Salad , Homemade Chicken Salad Top With: Mustard, Mayo, Salad Dressing Finish With: Lettuce, Tomato, Sliced Red Onions				
 Salad	Start With: Fresh Romaine Mix, Spinach, Fresh Cucumbers , Shredded Fresh Carrots, Fresh Tomatoes, Sliced Radishes, Fresh Jicama Top With: Shredded Cheddar Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans Finish With: Diced Turkey Ham, Sliced Eggs , Garlic Croutons, 2 Garlic Breadsticks				



Kramer Middle School Lunch Cycle Menu with Salad Bar & Deli Bar February 15-19

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/whole grain accompaniments), 2 vegetable sides, 2 fruit side & choice of **1% or skim white milk**. Did you know—If you see it in **green**, it's **local** and if you see it in **blue**, the meal has **international influence!** All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 International	WASHINGTON'S BIRTHDAY NO SCHOOL	Beef Meatball Sub w/Marinara & Mozzarella on a Sub	Lo Mein Noodles Veggie Patty Chili Lime Chicken Optional: Fresh Shredded Carrots Fresh Diced Cucumber Fresh Shaved Onions Pineapple Tidbits	Mozzarella Pizza Melt	Nachos Turkey Taco Meat Cilantro Lime Chicken Veggie Refried Beans Optional: Spanish Brown Rice, Veggie Refried Beans, Cheese Sauce, Jalapeno, Lettuce, Corn Salsa, Pico De Gallo
 Pizza	<i>"There is nothing which can better deserve our</i>	Homemade Cheese Pizza on Whole Grain Crust	Off Again Today!	And Yet Again!	Homemade Cheese Pizza on Whole Grain Crust
 Grill	<i>patronage than the promotion of science and literature.</i>	Toasted Two Cheese Sandwich	Chicken Nuggets w/ Mumbo or Ranch Sauce and Cornbread	Pizza Burger	Cheese and Yogurt Platter
 Outtakes	<i>Knowledge is in every country the surest basis happiness."</i>	Turkey Bologna Sandwich w/ Mustard	Mexican Corn Salad w/ Black Beans & Tortilla Chips	Turkey Ranch Wrap	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Garlic Roll
 Sides	<i>of public -George Washington</i>	Southwest Pinto Beans Fresh Celery Sticks w/ Light Dressing Fresh Local Apple Assorted Fresh Fruit	Seasoned Carrots Fresh Cucumber Coins w/Light Dressing Fresh Orange Assorted Fresh Fruit	Seasoned Green Beans Fresh Local Kale Caesar Salad Fresh Banana Assorted Fresh Fruit	Fresh Roma Roasted Local Red Potatoes Fresh Baby Carrots w/Light Dressing 100% Grape Juice Assorted Fresh Fruit
 Deli	Start With: Assorted Breads, Rolls, & Wraps Add: Assorted Meats, Cheeses, Homemade Egg Salad , Homemade Chicken Salad Top With: Mustard, Mayo, Salad Dressing Finish With: Lettuce, Tomato, Sliced Red Onions				
 Salad	Start With: Fresh Romaine Mix, Spinach, Fresh Cucumbers , Shredded Fresh Carrots, Fresh Tomatoes, Sliced Radishes, Fresh Jicama Top With: Shredded Cheddar Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans Finish With: Caesar Chicken, Sliced Eggs , Garlic Croutons, 2 Garlic Breadsticks				

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Kramer Middle School Lunch Cycle Menu with Salad Bar & Deli Bar **February 22-26**

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/whole grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday	
 International		Spaghetti w/ Turkey Meatballs	Lo Mein Noodles Veggie Patty Chili Lime Chicken Optional: Fresh Shredded Carrots Fresh Diced Cucumber Fresh Shaved Onions Pineapple Tidbits	Teriyaki Chicken w/Ginger Brown Rice	Nachos Turkey Taco Meat Cilantro Lime Chicken Veggie Refried Beans Optional: Spanish Brown Rice, Veggie Refried Beans, Cheese Sauce, Jalapeno, Lettuce, Corn Salsa, Pico De Gallo	
 Pizza			Homemade Cheese Pizza on Whole Grain Crust	Off Again Today!	And Yet Again!	Homemade Cheese Pizza on Whole Grain Crust
 Grill			Toasted Two Cheese Sandwich	Turkey Hot Dog w/Toppings	Chicken Nuggets w/ Mumbo or Ranch Sauce and Cornbread	Tuna Salad Melt
 Outtakes		Turkey Pastrami Sandwich w/ Mustard	Mexican Corn Salad w/ Black Beans & Tortilla Chips	Garden Salad w/Romaine, Tomatoes, Cheese & Garlic Bun	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Garlic Roll	
 Sides		Seasoned Carrots Fresh Romaine and Tomato Salad Fresh Local Apple Assorted Fresh Fruit	Roasted Corn & Carrots Fresh Broccoli w/Light Dressing Fresh Orange Assorted Fresh Fruit	Baked Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana Assorted Fresh Fruit	Sweet Potato Fries Fresh Cucumber Coins w/Light Dressing 100 % Grape Juice Assorted Fresh Fruit	
 Deli		<p>Start With: Assorted Breads, Rolls, & Wraps</p> <p>Add: Assorted Meats, Cheeses, Homemade Egg Salad, Homemade Chicken Salad</p> <p>Top With: Mustard, Mayo, Salad Dressing</p> <p>Finish With: Lettuce, Tomato, Sliced Red Onions</p>				
 Salad	<p>Start With: Fresh Romaine Mix, Spinach, Fresh Cucumbers, Shredded Fresh Carrots, Fresh Tomatoes, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Chili Lime Chicken, Sliced Eggs, Garlic Croutons, 2 Garlic Breadsticks</p>					