



WE ♥ SUMMER VEGETABLES

**SIMPLY
GOOD**

Middle School (6-8) Lunch Menu

May 30- Jun 3

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, 1 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
 Favorite Comfort Foods & International Flavors	Memorial Day No School	Spaghetti w/Marinara sauce & Mozzarella Cheese	Mac-N-Cheese w/ Dinner Roll	Steak and Cheese Sub	Haitian Style Fish w/Red Beans & Brown Rice
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts		Pizza Chef is Off Today!	Off Again Today!	And Yet Again!	Homemade Square Cheese Pizza
 Tasty Hand-Held Hot Sandwiches		Off Today!	Off Today!	Teriyaki Veggie Burger	And Yet Again!
 Grab & Go Cold Sandwiches and Salads		Chicken Salad Sandwich	Chef Salad w/Fresh Romaine, Turkey Ham, Cheese & Garlic Bun	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/ Garlic Bun	Turkey and Cheese Sub w/Fresh Lettuce and Tomato
 Hot & Cold Sides Available At All Stations		Seasoned Carrots Fresh Cucumber Coins Pineapple Cup Assorted Fresh Fruit	Roasted Broccoli Fresh Baby Carrots Fresh Orange Assorted Fresh Fruit	Seasoned Corn Homemade Confetti Coleslaw Fresh Banana Assorted Fresh Fruit	Southwest Pinto Beans Fresh Romaine & Tomato Side Salad 100% Fruit Punch Assorted Fresh Fruit



WE ♥ SUMMER VEGETABLES

SIMPLY GOOD

Middle School (6-8) Lunch Menu

Jun 6-10

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, 1 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
 Favorite Comfort Foods & International Flavors	Spaghetti w/Turkey Meat Sauce OR Spaghetti w/Marinara Sauce & Mozzarella Cheese	Chicken Nuggets w/ Mumbo Sauce and Cornbread	Strawberries & Salad Greens Day Baked Chicken Drumstick with Garlic Bun	Spicy Asian Chicken w/Brown Rice OR Veggie Lo Mein	Mac-N-Cheese w/Dinner Roll
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	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
 Tasty Hand-Held Hot Sandwiches	Off Today!	Homemade Grilled Cheese	Off Today!	Chicken Salad Sandwich	And Yet Again!
 Grab & Go Cold Sandwiches and Salads	BBQ Chicken Salad w/Romaine Lettuce, Black Beans, and Mozzarella Cheese w/ Garlic Bun	Assorted Deli Meat Sandwich on Whole Grain Roll	Local Greens Salad w/Spring Mix Greens, Tomatoes, Local Cucumber, Cheese, and Garlic Bun	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/ Garlic Bun	Turkey and Cheese Sub w/Fresh Lettuce and Tomato
 Hot & Cold Sides Available At All Stations	Green Beans Italiano Fresh Baby Carrots Fresh Local Apple Assorted Fresh Fruit	Roma Roasted Red Potatoes Fresh Cucumber and Tomato Salad Pineapple Cup Assorted Fresh Fruit	Glazed Carrots Local Field Greens Fresh Local Strawberries Assorted Fresh Fruit	Fiesta Black Beans Fresh Romaine and Tomato Side Salad Fresh Banana Assorted Fresh Fruit	Sweet Potato Fries Fresh Tuscan Kale Salad 100% Fruit Punch Assorted Fresh Fruit



WE ♥ SUMMER VEGETABLES

**SIMPLY
GOOD**

Middle School (6-8) Lunch Menu

Jun 13-17

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, 1 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
 Favorite Comfort Foods & International Flavors	Manager's Choice	Manager's Choice	Manager's Choice		
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	Manager's Choice	And Yet Again!	Bagged Lunch Deli or Vegetarian Sandwich, Veggies, Fruit & Milk	Bagged Lunch Deli or Vegetarian Sandwich, Veggies, Fruit & Milk
 Tasty Hand-Held Hot Sandwiches	Manager's Choice	Manager's Choice	Manager's Choice		
 Grab & Go Cold Sandwiches and Salads	Manager's Choice	Manager's Choice	Manager's Choice		
 Hot & Cold Sides Available At All Stations	Hot Vegetable Cold Vegetable Fresh or Cupped Fruit	Hot Vegetable Cold Vegetable Fresh or Cupped Fruit	Hot Vegetable Cold Vegetable Fresh or Cupped Fruit		