



Kramer Middle School (6-8) Lunch Menu

May 2-6

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
 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	Rotini Pasta w/Turkey Meat Sauce OR Rotini w/Marinara Sauce & Mozzarella Cheese	Lo Mein Noodles Veggie Patty Chili Lime Chicken Optional: Fresh Shredded Carrots Fresh Diced Cucumber Fresh Shaved Onions Pineapple Tidbits	Cheeseburger	PROFESSIONAL DEVELOPMENT DAY NO SCHOOL
 Pizza	Pizza Chef is Off Today!	Homemade Cheese Pizza	Off Again Today!	Homemade Cheese Pizza	
 Grill	Buffalo Chicken Wrap	Chicken Salad Sandwich	Gözleme (Savory Turkish Flatbread filled with Kale & Mozzarella Cheese)	Teriyaki Veggie Burger	
 Outtakes	BBQ Chicken Salad w/Romaine Lettuce, Black Beans, and Mozzarella Cheese w/Dinner Roll	Assorted Deli Meat Sandwich on Whole Grain Roll	Chef Salad w/Fresh Romaine, Turkey Ham, Cheese & Garlic Bun	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/Dinner Roll	
 Sides	Seasoned Corn Fresh Baby Carrots Fresh Local Apple Assorted Fresh Fruit	Glazed Carrots Fresh Broccoli Florets Pineapple Cup Assorted Fresh Fruit	Baked Beans Fresh Local Kale Caesar Salad Fresh Orange Assorted Fresh Fruit	Green Beans Italiano Fresh Romaine & Tomato Salad Fresh Banana Assorted Fresh Fruit	
 Deli	Start with Grains: Assorted Breads, Rolls, & Wraps Add on Veggies: Lettuce, Tomato, Sliced Red Onions Add on Protein: Assorted Meats, Cheeses, Homemade Egg Salad , or Homemade Chicken Salad Top With: Mustard, Mayo, or Salad Dressing				
 Salad	Start With: Fresh Romaine Mix, Spinach Add On Veggies: Fresh Cucumbers, Shredded Fresh Carrots, Sweet Corn, Fresh Red Onions, Fresh Tomatoes, Edamame Finish with Protein: Diced Turkey Ham, Sliced Eggs , Black Beans, Spicy Garbanzo Beans, Shredded Cheddar Grain: Garden Pasta Salad, Garlic Croutons or 2 Garlic Breadsticks				



Kramer Middle School (6-8) Lunch Menu

May 9-13

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
 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	Mac-N-Cheese w/Dinner Roll	URUGUAY FOOD DAY  Meat Tart with Mashed Sweet Potatoes & Garlic Bun	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	Off Again Today!	And Yet Again!	Homemade Cheese Pizza
 Grill	Chicken Nuggets w/ Mumbo Sauce and Dinner Roll	Turkey Meatball Sub with Marinara & Mozzarella on a Sub	Vegetable Tart w/Mozzarella and Kale	Parmesan Chicken Sandwich	Chicken Drumstick & Waffle OR Egg Patty & Waffle
 Outtakes	Garden Salad w/Fresh Romaine, Tomatoes, Local Cucumber , Cheese, and Garlic Bun	Assorted Deli Meat Sandwich on Whole Grain Roll	Turkey Ham, Cheese, Lettuce, Tomato Sandwich with Mustard	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/Dinner Roll	Chef Salad w/Fresh Romaine, Turkey Ham, Cheese & Garlic Bun
 Sides	Roasted Broccoli Fresh Baby Carrots Fresh Local Apple Assorted Fresh Fruit	Southwest Pinto Beans Homemade Confetti Coleslaw Pineapple Cup Assorted Fresh Fruit	Sweet Potato Fries Fresh Cucumber Coins Fresh Orange Assorted Fresh Fruit	Seasoned Carrots Fresh Local Tuscan Kale Salad Fresh Banana Assorted Fresh Fruit	Fresh Roma Roasted Local Red Potatoes Fresh Celery Sticks 100% Fruit Punch Assorted Fresh Fruit
 Deli	Start with Grains: Assorted Breads, Rolls, & Wraps Add on Veggies: Lettuce, Tomato, Sliced Red Onions Add on Protein: Assorted Meats, Cheeses, Homemade Green Salad , or Homemade Chicken Salad Top With: Mustard, Mayo, or Salad Dressing				
 Salad	Start With: Fresh Romaine Mix, Spinach Add On Veggies: Fresh Cucumbers, Shredded Fresh Carrots, Sweet Corn, Fresh Red Onions, Fresh Tomatoes, Edamame Finish with Protein: Caesar Chicken, Sliced Eggs , Black Beans, Spicy Garbanzo Beans, Shredded Cheddar Grain: Garden Pasta Salad, Garlic Croutons or 2 Garlic Breadsticks				



Kramer Middle School (6-8) Lunch Menu

May 16-20

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
	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	Rotini Pasta w/Turkey Meat Sauce OR Rotini w/Marinara Sauce & Mozzarella Cheese	Lo Mein Noodles Veggie Patty Chili Lime Chicken Optional: Fresh Shredded Carrots Fresh Diced Cucumber Fresh Shaved Onions Pineapple Tidbits	Haitian Style Fish w/Red Beans & 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 Chef is Off Today!	Homemade Cheese Pizza	Off Again Today!	And Yet Again!	Homemade Cheese Pizza
	Cheeseburger OR Teriyaki Veggie Burger with Lettuce & Tomato Garnish	Tuna Salad Melt	Pulled Turkey & Gravy Sandwich w/ Cranberry Sauce	Gözleme (Savory Turkish Flatbread filled with Kale & Mozzarella Cheese)	Mozzarella Pizza Melt
	BBQ Chicken Salad w/Romaine Lettuce, Black Beans, and Mozzarella Cheese w/Dinner Roll	Assorted Deli Meat Sandwich on Whole Grain Roll	Garden Salad w/Fresh Romaine, Tomatoes, Local Cucumber , Cheese, and Garlic Bun	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/Dinner Roll	Turkey and Cheese Sub w/Fresh Lettuce and Tomato
	Baked Beans Homemade Confetti Coleslaw Fresh Local Apple Assorted Fresh Fruit	Green Beans Italiano Fresh Baby Carrots Pineapple Cup Assorted Fresh Fruit	Mashed Potatoes w/Turkey Gravy Fresh Celery Sticks Fresh Orange Assorted Fresh Fruit	Garlic Lemon Broccoli Fresh Baby Carrots Fresh Banana Assorted Fresh Fruit	Seasoned Carrots Fresh Romaine and Tomato Salad 100% Fruit Punch Assorted Fresh Fruit
	Start with Grains: Assorted Breads, Rolls, & Wraps Add on Veggies: Lettuce, Tomato, Sliced Red Onions Add on Protein: Assorted Meats, Cheeses, Homemade Egg Salad , or Homemade Chicken Salad				
	Start With: Fresh Romaine Mix, Spinach Add On Veggies: Fresh Cucumbers, Shredded Fresh Carrots, Sweet Corn, Fresh Red Onions, Fresh Tomatoes, Edamame Finish with Protein: Chili Lime Chicken, Sliced Eggs , Black Beans, Spicy Garbanzo Beans, Shredded Cheddar Grain: Garden Pasta Salad, Garlic Croutons or 2 Garlic Breadsticks				



Kramer Middle School (6-8) Lunch Menu

May 23-27

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
 International	NO SCHOOL 	Chicken Nuggets w/ Mumbo Sauce and Garlic Bun	Lo Mein Noodles Veggie Patty Chili Lime Chicken Optional: Fresh Shredded Carrots Fresh Diced Cucumber Fresh Shaved Onions Pineapple Tidbits	Veggie Stir Fry	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	Off Again Today!	And Yet Again!	Homemade Cheese Pizza
 Grill		Tuna Salad Melt	Turkey Meatball Sub with Marinara & Mozzarella on a Sub	Parmesan Chicken Sandwich	Uruguay Vegetable Tart w/ Mozzarella and Kale
 Outtakes		Garden Salad w/Fresh Romaine, Tomatoes, Local Cucumber , Cheese, and Garlic Bun	Chef Salad w/Fresh Romaine, Turkey Ham, Cheese & Garlic Bun	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/Dinner Roll	Turkey and Cheese Sub w/Fresh Lettuce and Tomato
 Sides		Seasoned Carrots Fresh Cucumber & Tomato Salad Pineapple Cup Assorted Fresh Fruit	Roma Roasted Red Potatoes Fresh Local Kale Caesar Salad Fresh Orange Assorted Fresh Fruit	Local Country Collard Greens Fresh Celery Sticks Fresh Banana Assorted Fresh Fruit	Southwestern Pinto Beans Fresh Baby Carrots 100% Fruit Punch Assorted Fresh Fruit
 Deli		MANAGERS CHOICE			
 Salad	MANAGERS CHOICE COMPLETE WITH GREENS, VEGGIES, PROTEIN AND A GRAIN				