



# August 2025

## MIDDLE SCHOOL LUNCH MENU

August 25 - August 29

Menus are subject to change.

Powering  
potential.

### ENTREES

MON

TUES

WED

THURS

FRI

Chicken Sliders

Turkey Barbacoa Tacos  
with cilantro rice  
Tofu Tacos with cilantro  
rice

4-Cheese Mac &  
Cheese with  
Breadsticks

Bosco Cheese Sticks  
with Tomato Dipping  
Sauce

Baked Cheese Penne  
with Breadstick

Cheese Quesadilla

Tuna Salad Croissant

Cheese Pizza

Chicken Nachos

Cheese Pizza

Garden Salad with  
Breadstick

Chicken Nuggets with  
Hawaiian Roll

Spicy Chicken  
Sandwich

Breaded Chicken  
Sandwich

Cheeseburger  
Veggie Burger

Chicken Caesar Salad  
with Breadsticks

Garden Salad with  
Breadstick

Tuna Salad with  
Breadstick

Garden Salad with  
Breadstick

Steamed Kale  
Tater Tots  
Pear  
Applesauce

Roasted Whole Sweet Potato  
Corn  
Orange  
Diced Pears

Collard Greens  
Sliced Carrots  
Pear  
Pineapple Tidbits

Mixed Steamed Vegetables  
Roasted Cauliflower  
Orange  
Diced Pears

Rainbow Mix Vegetables  
Baked Beans  
Pear  
Mixed Fruit

### VEGETABLES AND FRUIT

### PROMOTIONS/ SUBSTITUTIONS

#### AVAILABLE DAILY:

- Milk Varieties: Skim, 1%, Lactose Free
- Condiments – Ketchup, Mustard, Mayo, Ranch & Italian Dressing

All Lunches Must Include  
Choice of:  
Fruits and/or  
Vegetable  
And May Include:  
1% Low-Fat Milk or Fat-Free  
Milk

Legend:  
Vegetarian Options  
Available Daily  
Contains Fish  
Locally Sourced  
Promotion

**aramark**  
STUDENT  
NUTRITION

This institution is an equal  
opportunity providers



# September 2025

## MIDDLE SCHOOL LUNCH MENU

Menus are subject to change.

September 1 - September 5

Powering  
potential.

MON

TUES

WED

THURS

FRI

### ENTREES

Turkey Chili with  
Breadsticks

Chicken Potato Bowl with  
Biscuit  
  
Veggie Nugget Potato Bowl  
with Biscuit

French Toast with  
Veggie Sausage

Chicken Parmesan  
with Breadstick

Chicken Nuggets with  
Hawaiian Roll

Spicy Chicken  
Sandwich

Breaded Chicken  
Sandwich

Cheeseburger  
Veggie Burger

Chicken Nachos

Cheese Pizza

Chicken Nachos

Cheese Pizza

NO SCHOOL

Vegetarian Baja Salad  
with Breadsticks

Garden Salad with  
Breadsticks

Diced Chicken Salad  
with Breadsticks

Garden Salad with  
Breadsticks

Roasted Whole Sweet Potatoes  
Roasted Cauliflower  
Orange  
Diced Pears

Steamed Broccoli  
Sliced Carrots  
Pear  
Pineapple Tidbits

Mixed Steamed Vegetables  
Tater Tots  
Diced Pear  
Orange

Rainbow Mix Vegetables  
Baked Beans  
Pear  
Applesauce

Whole Grain Month:  
Cilantro Brown Rice

### VEGETABLES AND FRUIT

### PROMOTIONS/ SUBSTITUTIONS

#### AVAILABLE DAILY:

- Milk Varieties: Skim, 1%, Lactose Free
- Condiments – Ketchup, Mustard, Mayo, Ranch & Italian Dressing

All Lunches Must Include  
Choice of:  
Fruits and/or  
Vegetable  
And May Include:  
1% Low-Fat Milk or Fat-Free  
Milk

Legend:  
Vegetarian Options  
Available Daily  
Contains Fish  
Locally Sourced  
Promotion

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## MIDDLE SCHOOL LUNCH MENU

Menus are subject to change.

September 8 - September 12

Powering  
potential.

### ENTREES

#### MON

Peri Peri Chicken  
Drumstick with Cheesy  
Rice and Garlic Knot

Grilled Cheese

Chicken and Cheese  
Quesadilla

Garden Salad with  
Breadsticks

Roasted Whole Sweet Potato  
Sliced Carrot  
Pear  
Applesauce

#### TUES

Beef Tacos  
Tofu Tacos

Broccoli and Cheese  
Baked Potato  
With Breadsticks

Chicken Nuggets with  
Hawaiian Roll

Egg Caesar Salad  
with Breadsticks

Roasted Cauliflower  
Steamed Kale  
Orange  
Diced Pears

#### WED

Chicken Tortilla Bowl  
Fish Sandwich

Spicy Chicken  
Sandwich

Cheese Pizza

Garden Salad with  
Breadsticks

Steamed Broccoli  
Tater Tots  
Pear  
Pineapple Tidbits

#### THURS

Turkey Barbacoa with Quinoa  
Lentil Rice Blend  
Cajun Tofu with Quinoa Lentil  
Rice Blend

Breaded Chicken  
Sandwich

Chicken Nachos

Chicken Ham and  
Turkey Cobb Salad  
with Breadsticks

Mixed Steamed Vegetables  
Steamed Corn  
Orange  
Diced Pears

#### FRI

Diced Chicken Penne  
Alfredo with Garlic  
Knot

Cheeseburger  
Veggie Burger

Cheese Pizza

Garden Salad with  
Breadsticks

Rainbow Blend Vegetables  
Baked Beans  
Pear  
Applesauce

Whole Grain Month:  
Quinoa

### VEGETABLES AND FRUIT

### PROMOTIONS/ SUBSTITUTIONS

#### AVAILABLE DAILY:

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- Condiments – Ketchup, Mustard, Mayo, Ranch & Italian Dressing

All Lunches Must Include  
Choice of:  
Fruits and/or  
Vegetable  
And May Include:  
1% Low-Fat Milk or Fat-Free  
Milk

Legend:  
Vegetarian Options  
Available Daily  
Contains Fish  
Locally Sourced  
Promotion

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# September 2025

## MIDDLE SCHOOL LUNCH MENU

September 15 - September 19

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Powering  
potential.

### ENTREES

**MON**

Breakfast for Lunch:  
Waffles with Veggie  
Sausage

**TUES**

Chicken Teriyaki with Rice  
Tofu Teriyaki with Rice

**WED**

Grilled Reuben

**THURS**

BBQ Chicken Meatball with  
Quinoa Lentil Rice Blend  
BBQ Tofu with Quinoa Lentil  
Rice Blend

**FRI**

Chicken Rosa Penne  
Pasta with Breadstick

Chicken with Duck  
Sauce and Lomein

Chicken Nuggets with  
Hawaiian Roll

Spicy Chicken  
Sandwich

Breaded Chicken  
Sandwich

Cheeseburger  
Veggie Burger

Cheese Quesadilla

Chicken Nachos

Cheese Pizza

Chicken Nachos

Cheese Pizza

Garden Salad with  
Breadsticks

Chef Salad with  
Breadsticks

Garden Salad with  
Breadsticks

Egg Chef Salad with  
Breadsticks

Garden Salad with  
Breadsticks

Steamed Kale  
Tater Tots  
Pear  
Applesauce

Roasted Whole Sweet Potato  
Roasted Cauliflower  
Orange  
Diced Pears

Steamed Broccoli  
Sliced Carrot  
Pear  
Pineapple Tidbits

Mixed Steamed Vegetables  
Corn  
Orange  
Diced Pears

Rainbow Blend Vegetables  
Baked Beans  
Pear  
Applesauce

### VEGETABLES AND FRUIT

### PROMOTIONS/ SUBSTITUTIONS

**Limited Time Offer:**  
Fajita Chicken  
Flatbread

**Limited Time Offer:**  
Fajita Chicken  
Flatbread

**Limited Time Offer:**  
Fajita Chicken  
Flatbread

**Whole Grain Month:**  
Quinoa

#### AVAILABLE DAILY:

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- Condiments – Ketchup, Mustard, Mayo, Ranch & Italian Dressing

All Lunches Must Include  
Choice of:  
Fruits and/or  
Vegetable  
And May Include:  
1% Low-Fat Milk or Fat-Free  
Milk

**Legend:**  
Vegetarian Options  
Available Daily  
Contains Fish  
Locally Sourced  
Promotion

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# September 2025

## MIDDLE SCHOOL LUNCH MENU

September 22 - September 26

Menus are subject to change.

Powering  
potential.

### ENTREES

MON

TUES

WED

THURS

FRI

Chicken Sliders

Turkey Barbacoa Tacos  
with cilantro rice  
Tofu Tacos with cilantro  
rice

4-Cheese Mac &  
Cheese with  
Breadsticks

Bosco Cheese Sticks  
with Tomato Dipping  
Sauce

Baked Cheese Penne  
with Breadstick

Cheese Quesadilla

Tuna Salad Croissant

Cheese Pizza

Chicken Nachos  
Refried Beans Nachos

Cheese Pizza

Garden Salad with  
Breadstick

Chicken Nuggets with  
Hawaiian Roll

Spicy Chicken  
Sandwich

Breaded Chicken  
Sandwich

Double Cheeseburger  
Veggie Burger

Chicken Caesar Salad  
with Breadsticks

Garden Salad with  
Breadstick

Vegetarian Nugget  
Salad with Breadstick

Garden Salad with  
Breadstick

Steamed Kale  
Tater Tots  
Pear  
Applesauce

Roasted Whole Sweet Potato  
Corn  
Orange  
Diced Pears

Collard Greens  
Sliced Carrots  
Pear  
Pineapple Tidbits

Mixed Steamed Vegetables  
Roasted Cauliflower  
Orange  
Diced Pears

Rainbow Mix Vegetables  
Baked Beans  
Pear  
Mixed Fruit

Hispanic Heritage  
Month Celebration:  
Chicken & Pasta  
Tomato Sopita

National Dumpling  
Day:  
Vegetarian Dumplings  
Whole Grain Month:  
Chicken Taco

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All Lunches Must Include  
Choice of:  
Fruits and/or  
Vegetable  
And May Include:  
1% Low-Fat Milk or Fat-Free  
Milk

#### Legend:

Vegetarian Options  
Available Daily  
Contains Fish  
Locally Sourced  
Promotion



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# September/October 2025

## MIDDLE SCHOOL LUNCH MENU

Menus are subject to change.

September 29 – October 3

Powering  
potential.

### ENTREES

#### MON

Chicken Meatballs and Spaghetti

Vegan Meat and Spaghetti

Cheese Quesadilla

Garden Salad with Breadsticks

Steamed Kale  
Seasoned Corn  
Pear  
Applesauce

#### TUES

Turkey Chili with Breadsticks

Chicken Nuggets with Hawaiian Roll

Chicken Nachos

Vegetarian Baja Salad with Breadsticks

Roasted Whole Sweet Potatoes  
Roasted Cauliflower  
Orange  
Diced Pears

#### WED

Chicken Potato Bowl with Biscuit  
Veggie Nugget Potato Bowl with Biscuit

Spicy Chicken Sandwich

Cheese Pizza

Garden Salad with Breadsticks

Steamed Broccoli  
Sliced Carrots  
Pear  
Pineapple Tidbits

#### THURS

French Toast with Veggie Sausage

Breaded Chicken Sandwich

Chicken Nachos

Diced Chicken Salad with Breadsticks

Mixed Steamed Vegetables  
Tater Tots  
Diced Pear  
Orange

#### FRI

Chicken Parmesan with Breadstick

Bacon Cheeseburger  
Veggie Burger

Cheese Pizza

Garden Salad with Breadsticks

Rainbow Mix Vegetables  
Baked Beans  
Pear  
Applesauce

### VEGETABLES AND FRUIT

### PROMOTIONS/ SUBSTITUTIONS

#### AVAILABLE DAILY:

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Vegetable  
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Milk

**Legend:**  
Vegetarian Options  
Available Daily  
Contains Fish  
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