



ROOT VEGETABLES ARE HIGH IN CARBOHYDRATES,  
WHICH GIVE YOU ENERGY!



**SIMPLY  
GOOD**

## Middle School Lunch Menu

November 30 – December 4

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/ 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
 Favorite Comfort Foods & International Flavors	Hot Meatball Sub w/ Beef Meatballs on Whole Grain Roll	Ukrainian Chicken w/ Whole Grain Garlic Bun	Barbecue Turkey on Whole Grain Bun	Rachael Ray's Yum-O-Capital City Chicken Drumstick w/ Whole Grain Biscuit	  PD Day
 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!	Homemade Cheese Pizza on Whole Grain Crust	   No School 
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Salami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Homemade Chicken Salad on Whole Grain Bread	
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/ Toppings	Charbroiled Cheeseburger on Whole Grain Bun w/ Lettuce & Tomato Garnish	
 Hot & Cold Sides Available At All Stations	Sweet Potato Mash  Fresh Cucumber Tomato Salad  Fresh Local Apple Assorted Fruit	Fresh Roma Roasted Local Red Potatoes  Fresh Baby Carrots w/ Light Dressing  Pineapple Cup Assorted Fruit	Glazed Carrots  Fresh Broccoli w/ Light Dressing  Fresh Orange Assorted Fruit	Southwest Pinto Beans  Fresh Celery Sticks w/ Light Dressing  Fresh Pear Assorted Fruit	



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## Middle School Lunch Menu

December 7 - 11

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/ 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
 Favorite Comfort Foods & International Flavors	Panes Rellenos (Salvadoran Chicken Torta)	Whole Grain Spaghetti w/ Beef Meatballs	Buffalo Chicken Wrap	Toasted Two Cheese Sandwich on Whole Grain Bread	Pescada a la Mexicana (Mexican Style Baked Fish) w/Spanish Brown Rice*
 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
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Salami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Homemade Chicken Salad on Whole Grain Bread	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/Toppings	Santa Fe Burger on Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
 Hot & Cold Sides Available At All Stations	Roasted Broccoli  Fresh Baby Carrots w/Light Dressing  Fresh Local Apple Assorted Fruit	Green Beans Italiano  Fresh Celery Sticks w/Light Dressing  Pineapple Cup Assorted Fruit	Seasoned Carrots  Fresh Romaine and Tomato Side Salad  Fresh Orange Assorted Fruit	Baked Beans  Fresh Homemade Confetti Cole Slaw  Fresh Banana Assorted Fruit	Mexican Corn  Fresh Baby Carrots w/ Light Dressing  100% Grape Juice Assorted Fruit



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## Middle School Lunch Menu

December 14 -18

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/ 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!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Chicken Taco	Spicy Asian Chicken w/Brown rice	Glazed Turkey Ham Cornbread Cranberry Sauce	Vegetarian Stir Fry	Korean Bibimbap Chicken w/Ginger Lime Brown Rice
 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
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Salami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/Black Beans & Whole Grain Tortilla Chips	Homemade Chicken Salad on Whole Grain Bread	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/ Toppings	Pizza Burger on Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
 Hot & Cold Sides Available At All Stations	Local Country Collard Greens  Fresh Celery Sticks w/Light Dressing  Fresh Local Apple Assorted Fruit	Glazed Carrots  Fresh Broccoli w/Light Dressing  Pineapple Cup Assorted Fruit	Mashed Potatoes w/ Gravy  Fresh Cucumber Coins  Fresh Orange Assorted Fruit	Southwest Pinto Beans  Fresh Baby Carrots w/Light Dressing  Fresh Banana Assorted Fruit	Seasoned Carrots  Fresh Broccoli w/Light Dressing  100% Grape Juice Assorted Fruit



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## Middle School Lunch Menu

December 21 -25

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/ 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
 Favorite Comfort Foods & International Flavors	 <b>HAPPY HOLIDAYS!!</b>				
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts					
 Grab & Go Cold Sandwiches and Salads					
 Tasty Hand-Held Hot Sandwiches	 <b>NO SCHOOL</b>				
 Hot & Cold Sides Available At All Stations					