

Middle School

Complete Meal Price

MONDAY		13-Feb-17	
ENTREE	Hot Dogs	2 oz	
	Chicken Nuggets	2 oz	
POTATO	Mashed Potatoes	.5 c	
Rice			
VEGETABLE	Corn	.5 c	
	Baked Beans		
BREAD	WG Hot Dog Rolls	2 oz	
	WG Dinner Rolls	2 oz	
TUESDAY		14-Feb-17	
ENTREE	Chicken Parm	2 oz	
	Penne Carbonara	2 oz	
POTATO	Roasted Red Bliss	.5 c	
Rice			
VEGETABLE	Broccoli Rabe	.5 c	
BREAD	WG Dinner Rolls	2 oz	
WEDNESDAY		15-Feb-17	
ENTREE	Sausage and Peppers	2 oz	
	Pizza	2 oz	
Potato	Au Gratin Potatoes	.5 c	
VEGETABLE	Brussel Sprouts	.5 c	
BREAD	WG Dinner Rolls	2 oz	
THURSDAY		16-Feb-17	
ENTREE	Mac and Cheese	2 oz	
	Turkey, Cheese Bacon Panini	2 oz	
Potato	French Fries	.5 c	
VEGETABLE	Spaghetti Squash	.5 c	
BREAD	WG Dinner Rolls	2 oz	
FRIDAY		17-Feb-17	
ENTREE		2oz g/2 oz ch	
		2 oz	
POTATO		.5 c	
VEGETABLE		.5 c	
BREAD		2 oz	

Students: \$3.00

Faculty: \$3.50

1 entrée, veg., potato, bread,
and low fat white or chocolate milk

From the Deli Station

Assorted Sandwiches are available every day
Turkey and Cheese or Italian (2 oz meat/cheese)
All Sandwiches come with lettuce and tomato (1 oz)
served on variety of breads, including
Whole Wheat, Whole Grain White, and Whole Grain

Salads available every day, can be used as a vegetable

Garden - 1 c Romaine and Mesclun,
1/4 c Red Peppers, Carrots, Cucumbers
Caesar - 1 c Romaine, Croutons, and Parm Cheese
3 Bean - 1 c Kidney, Garbanzo, and Black Beans
Quinoa - 1 c Quinoa, Corn, Tomatoes, Black Beans
(3/4 c Corn/Tomatoes, 1/4 c Quinoa)

Fruits

Apples, Oranges, Bananas

Fruit Cups (.5 c)

This Week's Vegetables

Dark	Romaine, Mesclun Broccoli Rabe
Red/Orange	Tomatoes, Carrots, Spaghetti Squash
Beans/Peas	Black, Kidney, Garbanzo
Starchy	Potato, Corn
Other	Brussel Sprouts

Beverages

1% White Milk
Fat Free Chocolate Milk