

# Middle School

## Complete Meal Price

MONDAY		01-May-17	
ENTREE	Chicken Nuggets	2 oz	
	Hot Dogs	2 oz	
POTATO	Escalloped Potatoes	.5 c	
Rice			
VEGETABLE	Peas	.5 c	
	Baked Beans		
BREAD	WG Hot Dog Rolls	2 oz	
		2 oz	
TUESDAY		02-May-17	
ENTREE	Oven Roasted Chicken	2 oz	
	Baked Ziti	2 oz	
POTATO	Red Bliss Potatoes	.5 c	
Rice			
VEGETABLE	Yellow Squash	.5 c	
BREAD	Garlic Bread	2 oz	
WEDNESDAY		03-May-17	
ENTREE	Bacon, Egg, and Cheese on Biscuit	2 oz	
	Pancakes	2 oz	
Potato	Home Fries	.5 c	
VEGETABLE	Peppers And Onions	.5 c	
BREAD	WG Dinner Rolls	2 oz	
THURSDAY		04-May-17	
ENTREE	Cheese Quesadillas	2 oz	
	Chicken Enchilladas	2 oz	
	Beef Empanadas		
Potato	Spanish Rice	.5 c	
VEGETABLE	Corn	.5 c	
	Black or Refried Beans		
BREAD	Tortillas	2 oz	
FRIDAY		05-May-17	
ENTREE	Pizza	2oz g/2 oz ch	
	Fish Sticks	2 oz	
POTATO	Au Gratin Potatoes	.5 c	
VEGETABLE	Mixed Veg	.5 c	
BREAD	WG Dinner Rolls	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 slice)

served on variety of breads, including

Whole Wheat, Whole Grain White, and Whole Grain

Salads available every day, can be used as a side

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

**Red/Orange** Tomatoes, Carrots, Squash

**Beans/Peas** Black, Kidney, Garbanzo, Peas

**Starchy** Potato, Corn

**Other** Green Beans, V-8, Peppers, Onions

### Beverages

1% White Milk

Fat Free Chocolate Milk