

# Middle School

## Complete Meal Price

MONDAY	29-May-17		
ENTREE			2 oz 2 oz
POTATO			.5 c
Rice			
VEGETABLE			.5 c
BREAD			2 oz 2 oz
TUESDAY	30-May-17		
ENTREE		Hot Dogs Fried Chicken	2 oz 2 oz
POTATO		French Fries	.5 c
Rice			
VEGETABLE		Corn	.5 c
BREAD		WG Hot Dog Rolls WG Dinner Rolls	2 oz
WEDNESDAY	31-May-17		
ENTREE		Chicken w/ Artichokes and Roasted Red Peppers Tortellini Alfredo	2 oz 2 oz
Potato		Roasted Potatoes	.5 c
VEGETABLE		Broccoli and Cauliflower	.5 c
BREAD		WG Dinner Rolls	2 oz
THURSDAY	01-Jun-17		
ENTREE		Stuffed Shells Meatballs	2 oz 2 oz
Potato		Oven Brown Potatoes	.5 c
VEGETABLE		Peas and Carrots	.5 c
BREAD		WG Dinner Rolls	2 oz
FRIDAY	02-Jun-17		
ENTREE		Pizza Flounder	2oz g/2 oz ch 2 oz
POTATO		Escalloped 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/chee

All Sandwiches come with lettuce and tomato (1

served on variety of breads, including

Whole Wheat, Whole Grain White, and Whole C

Salads available every day, can be used as v

Garden - 1 c Romaine and Mesclun,

1/4 c Red Peppers, Carrots, Cucum

Caesar - 1 c Romaine, Croutons, and Parm Che

3 Bean - 1 c Kidney, Garbanzo, and Black Bear

Quinoa - 1 c Quinoa, Corn, Tomatoes, Black Be

(3/4 c Corn/Tomatoes, 1/4 c Quir

### Fruits

Apples, Oranges, Bananas

Fruit Cups (.5 c)

### This Week's Vegetables

**Dark** Romaine, Mesclun  
Broccoli

**Red/Orange** Tomatoes, Carrots,

**Beans/Peas** Black, Kidney, Garbanz  
Peas, Lima Beans

**Starchy** Potato, Corn

**Other** Cauliflower  
V-8

### Beverages

1% White Milk

Fat Free Chocolate Milk