

Middle School

Complete Meal Price

DAY	DATE	ENTREE	AMOUNT	VEGETABLE	AMOUNT	BREAD	AMOUNT	Notes
MONDAY	27-Nov-17_)	Hot Dogs	3 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 (3 oz meat/cheese) All Sandwiches come with lettuce and tomato served on variety of breads, including Whole Wheat, Whole Grain White, and Whole Grain Rye Salads available every day, can be used as Veg 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/Beans) Fruits Apples, Oranges, Bananas Fruit Cups (1 c)
		Cheese Tortellini	3 oz/2 oz gr					
		Mashed Potatoes	.5 c					
		Corn	.5 c					
		Baked Beans						
TUESDAY	28-Nov-17_)	Dr. Pepper Meatballs	3 oz					
		Lasagna	3 oz					
		Roasted Potatoes	.5 c					
		Peas	.5 c					
		WG Dinner Rolls	2 oz					
WEDNESDA	29-Nov-17_)	Dr. Pepper Meatballs	3 oz					
		Lentil Burritos	3 oz					
		Rice Pilaf	.5 c					
		Green Beans	.5 c					
		WG Dinner Rolls	2 oz					
THURSDAY	30-Nov-17_)	Italian Focaccia Sandwich	3 oz					This Week's Vegetables Dark Romaine, Mesclun Red/Orange Tomatoes, Carrots, Beans/Peas Black, Kidney, Garbanzo Peas, Pinto Beans Starchy Potato, Corn Lima Beans Other Green Beans
		Rib-B-Q s	3 oz					
		French Fries	.5 c					
		Lima Beans	.5 c					
		WG Dinner Rolls	2 oz					
FRIDAY	01-Dec-17_)	Pizza	3oz g/2 oz ch					Beverages 1% White Milk Fat Free Chocolate Milk
		Fish Sticks	3 oz/2 oz gr					
		Au Gratin Potatoes	.5 c					
		Mixed Veg	.5 c					
		WG Dinner Rolls	2 oz					