

Middle School

Complete Meal Price

MONDAY	23-Oct-17_)			
		Hamburgers	2 oz	
ENTREE		Chicken Tenders	2 oz/	
POTATO		Mashed Potatoes	.5 c	
Rice				
VEGETABLE		Corn	.5 c	
BREAD		WG Dinner Rolls	2 oz	
		WG Hamburger Roll	2 oz	
TUESDAY	24-Oct-17_)			
		Chop Suey	2 oz	
ENTREE		Chinese Ribs	2 oz	
POTATO			.5 c	
Rice		White Rice		
VEGETABLE		Vegetable Egg Roll	.5 c	
		Nappa Cabbage		
BREAD		WG DinnerRolls	2 oz	
WEDNESDA	25-Oct-17_)			
		General Tsoa's Chicken	2 oz	
ENTREE		Lo Mein	2 oz	
		Shrimp Egg Rolls		
Poatato			.5 c	
		Fried Rice		
VEGETABLE		Baby Bok Choy	.5 c	
BREAD		WG Dinner Rolls	2 oz	
THURSDAY	26-Oct-17_)			
		Sweet and Sour Chicken	2 oz	
ENTREE		Beef and Broccoli	2 oz	
Potato			.5 c	
		Rice		
VEGETABLE		Stir Fry Veg	.5 c	
BREAD		WG Dinner Rolls	2 oz	
FRIDAY	27-Oct-17_)			
		Pizza	2oz g/2 oz ch	
ENTREE		Clam Strips	2 oz	
POTATO		Escaloped 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 (1/8 c) 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 (.5 c)	
This Week's Vegetables	
Dark	Romaine, Mesclun Bok Choy
Red/Orange	Tomatoes, Carrots,
Beans/Peas	Black, Kidney, Garbanzo Green Beans
Starchy	Potato, Corn Peas
Other	Nappa Cabbage
Beverages	
1% White Milk	
Fat Free Chocolate Milk	