

# MARQUARDT MIDDLE SCHOOL MENU 2019-2020



## MUSTANG LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Mustang Grill</b> Mac & Cheese 🥕 Philly Sandwich  <b>Grab &amp; Go</b> Buffalo Chicken Bites  <b>The Deli</b> Italian Salad Yogurt Bistro Box 🥕	<b>Mustang Grill</b> Mandarin Chicken Bowl 🥕 Wild Mike's Cheese Pizza 🥕  <b>Grab &amp; Go</b> Burger  <b>The Deli</b> Fruit & Tajin Salad 🥕 Protein Bistro Box 🥕	<b>Mustang Grill</b> Nacho Grande 🥕 Wild Mike's Cheese Bites 🥕  <b>Grab &amp; Go</b> All Natural Beef Hot Dog  <b>The Deli</b> Buffalo Chicken Salad Fruit & Yogurt Parfait 🥕	<b>Mustang Grill</b> 3 Cheese Pasta w/Mix In's Grilled Cheese 🥕  <b>Grab &amp; Go</b> Burger  <b>The Deli</b> Turkey Sandwich Hummus Bistro Box 🥕	<b>Mustang Grill</b> Mustang Special Big Daddy Cheese 🥕 or Pepperoni Pizza 🐷  <b>Grab &amp; Go</b> Chicken Filet Sandwich  <b>The Deli</b> Italian Sub Yogurt Bistro Box 🥕

<b>Mustang Grill</b> Chick & Spud Bowl Asian Chicken Bites  <b>Grab &amp; Go</b> French Toast Sticks 🥕 w/ Chicken Sausage  <b>The Deli</b> Italian Salad Yogurt Bistro Box 🥕	<b>Mustang Grill</b> Sriracha Chicken Bowl Stuffed Crust Cheese Pizza  <b>Grab &amp; Go</b> Burger  <b>The Deli</b> Fruit & Tajin Salad 🥕 Protein Bistro Box 🥕	<b>Mustang Grill</b> Taco Bar (Beef or Bean) 🥕 Wild Mike's Cheese Bites 🥕  <b>Grab &amp; Go</b> All Natural Beef Hot Dog  <b>The Deli</b> Buffalo Chicken Salad Fruit & Yogurt Parfait 🥕	<b>Mustang Grill</b> Meatball Penne w/ Garlic Bread Bosco Sticks 🥕  <b>Grab &amp; Go</b> Burger  <b>The Deli</b> Turkey Sandwich Hummus Bistro Box 🥕	<b>Mustang Grill</b> Mustang Special Big Daddy Cheese 🥕 or Sausage Pizza 🐷  <b>Grab &amp; Go</b> Spicy Chicken Sandwich  <b>The Deli</b> Italian Sub Yogurt Bistro Box 🥕
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**Assorted Fruits & Vegetables offered daily based upon seasonal availability**

**KEY**

- Vegetarian
- Friendly Entree
- Contains Pork
- Young Chef Approved

**Our menu does NOT contain any peanut or tree nut ingredients.**

August	September	October	November	December	January	February	March	April	May
M T W Th F	M T W Th F	M T W Th F	M T W Th F	M T W Th F	M T W Th F	M T W Th F	M T W Th F	M T W Th F	M T W Th F
	X 3 4 5 6			2 3 4 5 6			2 3 4 5 6		
5 6 7 8 9	9 10 11 12 13	7 8 9 10 11	4 5 6 7 8	9 10 11 12 13	6 7 8 9 10	3 4 5 6 7	9 10 11 12 13	6 7 8 9 X	4 5 6 7 8
12 13 14 15 16	16 17 18 19 20	X 15 16 17 18	11 12 13 14 15	16 17 18 19 20	13 14 15 16 17	10 11 12 13 14	16 17 18 19 20	13 14 15 16 X	11 12 13 14 15
19 20 21 22 23	23 24 25 26 X	21 22 23 24 25	18 19 20 21 22	X X X X X	X 21 22 23 X	X 18 19 20 21	23 24 25 26 27	20 21 22 23 24	18 19 20 21 22
26 27 28 29 30	30	28 29 30 31	25 X X X X	X X	27 28 29 30 31	24 25 26 27 28	X X	27 28 29 30	X 26 27 28

**LUNCH Selection**

- Choice of 1 Entree
- Choose 1, 2 or 3 fruits and/or veggies
- Choice of Milk (1% white, chocolate, strawberry)

## DAILY BREAKFAST MENU

All breakfast vegetarian (except the sausage sandwich)

<b>MONDAY</b> Protein Pack Mini Cinni Buns Benefit Bar	<b>TUESDAY</b> Egg Sandwich Yogurt Pack Muffin
<b>WEDNESDAY</b> Protein Pack Hot Frudel Cereal Cup	<b>THURSDAY</b> Sausage Sandwich Yogurt Pack Muffin
<b>FRIDAY</b> Protein Pack Cinnamon Roll Benefit Bar	Protein Pack: Hard Boiled Egg, Cheese Cubes, Goldfish Crackers Yogurt Pack: Go Big Yogurt Tube & Cereal Pouch

**BREAKFAST Selection**

- Choice of 1 Entree
- Optional Fruit Serving
- Optional choice of Milk (1% white, chocolate, strawberry)

Additional 1/2 cup fruit offered daily at breakfast

## AFTERSCHOOL SNACK MENU

<b>TUESDAY</b> Cheez-Its String Cheese	<b>WEDNESDAY</b> Goldfish Crackers Juice Box
<b>THURSDAY</b> Graham Crackers Colby Cheese Cubes	<b>FRIDAY</b> Muffin Juice Box

Snacks are served Tuesday - Friday for Students enrolled in afterschool programs

Week A (blue) Week B (pink) X No Meal Service

MyMealTime Visit [www.mymealtime.com](http://www.mymealtime.com) or download the mealtime app to monitor the activity on your students meal account.

**Smart Snacks Menu**

- Chips \$0.75 - \$1.00
- Rice Krispies \$0.75
- Cookies \$0.75
- 100% Juices \$0.75 - \$1.50
- Water \$0.50
- Ice cream Novelties \$1.00

\*All products are USDA Smart Snack Compliant

All meals are available to students at **no charge**

**Staff Meal Price**  
 Breakfast: \$2.50  
 Lunch: \$3.70

@d15foodandnutrition  
 @marquardtfood

For menu nutrition and allergen information visit: [www.d15foodandnutrition.us](http://www.d15foodandnutrition.us)

Download our mobile menu app by searching "ISITE software"

Available on the **App Store**



Menus Subject to Change



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