

MIDDLE SCHOOL LUNCH MENU (Feb - April 2018)

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	<i>Entrée</i>	<i>Entrée</i>	<i>Entrée</i>	<i>Entrée</i>
Mama Lia's Pep 60g	Mama Lia's Pep/ Gourmet* 60g	Mama Lia's Pep 60g	Mama Lia's Pep/ Gourmet* 60g	Mama Lia's Pep 60g
Mama Lia's Cheese ^V 60g	Mama Lia's Cheese ^V 60g	Mama Lia's Cheese ^V 60g	Mama Lia's Cheese ^V 60g	Mama Lia's Cheese ^V 60g
Spicy Chicken Sandwich 40g	Spicy Chicken Sandwich 40g	Spicy Chicken Sandwich 40g	Spicy Chicken Sandwich 40g	Spicy Chicken Sandwich 40g
Chicken Tenders w/ Crackers 27g	Chicken Chunks w/Crackers 30g	Chicken Tenders w/ Crackers 27g	Chicken Chunks w/Crackers 30g	Chicken Tenders w/ Crackers 27g
Cheeseburger 29g		Cheeseburger 29g		Cheeseburger 29g
	Pork Hot Link 35g		Pork Hot Link 35g	
Mac and Cheese w/Roll 50g	Rotini w/ Meat Sauce & Roll 48g	Cheese Enchilada w/ Green Sauce 43g	Rotini w/ Meat Sauce & Roll 48g	
Classic PB&J Sandwich ^V 52g	Classic PB&J Sandwich ^V 52g	Classic PB&J Sandwich ^V 52g	Classic PB&J Sandwich ^V 52g	Classic PB&J Sandwich ^V 52g
Chili Cheese Burrito 37g	Carnitas Bean & Cheese Bowl 45g		Teriyaki Chicken Bowl 63g	Classic PB&J Sandwich ^V 52g
Combo Kaiser 32g	Turkey Grinder 38g	Combo Kaiser 32g	Ham Grinder 37g	Chicken, Bean, and Chip Bowl 66g
Veggie Salad ^V 41g	Veggie Salad ^V 41g	Veggie Salad ^V 41g		Combo Kaiser 32g
	Vegan Salad ^V 73g		Vegan Salad ^V 73g	Veggie Salad ^V 41g
Habanero Nada 31g	Habanero Nada 31g	Habanero Nada 31g	Habanero Nada 31g	Habanero Nada 31g
Chicken ceasar salad 35g	Asian Salad 55g	Baja Tostada Salad 48g	Hummus and Veggie Pack 47g	BLT-E Salad 35g
				Chef Salad 38g
Yogurt & Maple Cracker ^V	Yogurt & Maple Cracker ^V	Yogurt & Maple Cracker ^V	Yogurt & Maple Cracker ^V	Yogurt & Maple Cracker ^V
<i>Vegetables</i>	<i>Vegetables</i>	<i>Vegetables</i>	<i>Vegetables</i>	<i>Vegetables</i>
Veg. Mix w/corn 15g & lettuce cup 3g	Veg. Mix w/salad cup 5g	Veg. mix w/lettuce cup 5g	Veg. mix w/pinto beans 18g	Veg. mix w/lettuce cup 5g
<i>Fruits</i>	<i>Fruits</i>	<i>Fruits</i>	<i>Fruits</i>	<i>Fruits</i>
Fruit Mix	Fruit Mix	Fruit Mix	Fruit Mix	Fruit Mix
Juice Mix-Wildberry, Fruit, Apple, Orange	Juice Mix-Wildberry, Fruit, Apple, Orange	Juice Mix-Wildberry, Fruit, Apple, Orange	Juice Mix-Wildberry, Fruit, Apple, Orange	Juice Mix-Wildberry, Fruit, Apple, Orange
<i>Chips</i>	<i>Chips</i>	<i>Chips</i>	<i>Chips</i>	<i>Chips</i>
Chips - Cheddar & Sour Cream 19g, Sour Cream & Onion 18g	Chips - Baked Plain Lay's 20g, Cheddar & Sour Cream 19g	Chips - Cheddar & Sour Cream 19g, Sour Cream & Onion 18g	Chips - Baked Lay's BBQ 17g, Cheddar & Sour Cream 19g	Chips - Sour Cream & Onion 18g, Cheddar & Sour Cream 19g
<i>Milk</i>	<i>Milk</i>	<i>Milk</i>	<i>Milk</i>	<i>Milk</i>
1 % White Milk 14g	1 % White Milk 14g	1 % White Milk 14g	1 % White Milk 14g	1 % White Milk 14g
Chocolate non-fat 22g	Chocolate non-fat 22g	Chocolate non-fat 22g	Chocolate non-fat 22g	Chocolate non-fat 22g
Condiment Mix	Condiment Mix	Condiment Mix	Condiment Mix	Condiment Mix

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Veg Mix: Baby Carrots 8g, Carrots & Broccoli 5g, Celery Sticks 5g, Jalapenos 2g

Fruit Mix: Apples 15g, Oranges 15g, Bananas 27g, Raisins 30g

^V = Non Meat

Specials for the day