

MIDDLE SCHOOL Diabetic LUNCH MENU (Oct - Dec 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 60g/ Gourmet* | Mama Lia's Pep 60g | Mama Lia's Pep 60g/ Gourmet* | 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 13g w/ Crackers 14g | Buffalo Chicken Chunks 22g w/Crackers 14g | Chicken Tenders 13g w/ Crackers 14g | Buffalo Chicken Chunks 22g w/Crackers 14g | Chicken Tenders 13g w/ Crackers 14g |
| Cheeseburger 29g | | Cheeseburger 29g | | Cheeseburger 29g |
| | Pork Hot Link 35g | | Rib-B-Q Sandwich 41g | |
| Grilled Cheese Sandwich 28g | Rotini w/ Meat Sauce 24g& Roll | Cheese Enchilada w/ Green | Rotini w/ Meat Sauce 24g& Roll | Buffalo Drumsticks w/rice 59g |
| Uncrustable ^{^V} 56g | Uncrustable ^{^V} 56g | Uncrustable ^{^V} 56g | Uncrustable ^{^V} 56g | Uncrustable ^{^V} 56g |
| Chili Cheese Burrito 37g | Carnitas Bean & Cheese Bowl 45g | | BRC Burrito 84g | Chicken, Bean, and Chip Bowl 66g |
| Combo Kaiser 32g | Turkey Grinder 38g | Combo Kaiser 32g | Ham and Cheese Panini 30g | Combo Kaiser 32g |
| Veggie Salad ^{^V} 41g | Veggie Salad ^{^V} 41g | Veggie Salad 41g | | Veggie Salad 41g |
| | Vegan Salad ^{^V} 73g | | Vegan Salad ^{^V} 73g | |
| Habanero Nada 31g | Habanero Nada 31g | Habanero Nada 31g | Habanero Nada 31g | Habanero Nada 31g |
| Chicken ceasar salad 35g | BLT-E Salad 35g | Baja Tostada Salad 48g | Hummus and Veggie Pack 47g | Asian Salad 55g |
| | | | | |
| Yogurt & Granola ^{^V} 83g | Yogurt & Granola ^{^V} 83g | Yogurt & Granola ^{^V} 83g | Yogurt & Granola ^{^V} 83g | Yogurt & Granola ^{^V} 83g |
| Vegetables | Vegetables | Vegetables | Vegetables | Vegetables |
| Veg. Mix w/corn & lettuce cup 3g | Veg. Mix w/salad cup 5g | Veg. mix w/lettuce cup 3g | Veg. mix w/pinto beans 18g | Veg. mix w/lettuce cup 3g |
| Fruits | Fruits | Fruits | Fruits | Fruits |
| 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 |
| Chips | Chips | Chips | Chips | Chips |
| 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 |
| Milk | Milk | Milk | Milk | Milk |
| 1 % White Milk 14g | 1 % White Milk 14g | 1 % White Milk 14g | 1 % White Milk 14g | 1 % White Milk 14g |
| Chocolate non fat | Chocolate non fat | Chocolate non fat | Chocolate non fat | Chocolate non fat |
| 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