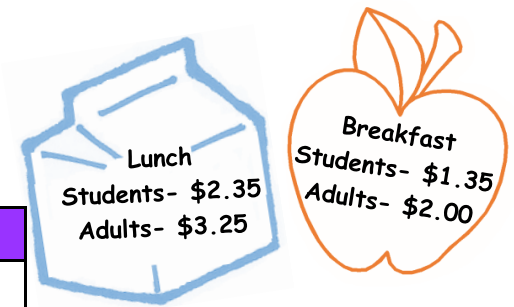




Middle School Lunch Menu

Items marked with * contain Pork.

Items with (V) are vegetarian.



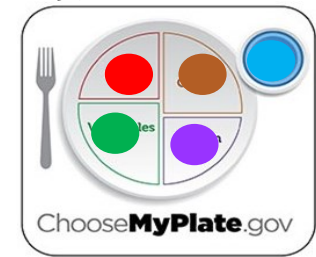
Breakfast— Cereal bars, muffins, hard boiled eggs, and cheese sticks also available daily

Breakfast Sandwich	Confetti Pancakes	Breakfast Bosco	Cheese Pizza Bagels	Mini Cinnis
Green				
Orange Chicken With White Rice Midori Steamed Veggies	Pizza Crunchers Sweet Corn	Macaroni & Cheese (V) Fresh Steamed Broccoli	Mini Chicken Corn Dogs Roasted Carrots	Cheese Quesadilla (V) Black Beans
Red				
Chicken & Waffles Sweet Potato Fries	Taco Bites Refried Beans	Fish & Chips Baked French Fries	Breaded Chicken Sandwich Fresh Roasted Vegetables	Stuffed Crust Cheese Pizza Slice (V) Caesar Side Salad
Blue				
Chicken Poppers Mashed Potatoes	Chicken & Rice Burrito Bowl Black Beans & Corn	Cheese Omelet with Biscuit (V) Hot Cinnamon Apples	Hamburger or Cheeseburger Baked Beans**	Cheese Bosco Sticks (V) Fresh Roasted Veggie
Deli Selections:				
PBJ Uncrustable (V) Soy butter Sandwich (V) Chicken Caesar Salad w/ Diner Roll Club Sub	Yogurt Combo Pack (V) Garden Salad w/ Sun Chips (V) Ham & Cheese Sandwich	PBJ Uncrustable (V) Soy butter Sandwich (V) Chef Salad w/ Dinner Roll Club Sub	Yogurt Combo Pack (V) Garden Salad & Sun Chips (V) Turkey & Cheese Sandwich	PBJ Uncrustable (V) Soy butter Sandwich (V) Buffalo Chicken Wrap

Reminder: Cash payments will not be accepted in line; payments must be made in advance online at K12PaymentCenter or placed in assigned drop-box location before service.

Build a Healthy Tray

Collect 3-5 different colored dots



* **Pick a lunch entrée choice:**

Hot or cold meal options made with lean protein and whole grains.

* **Pick side choices: choose:**

- 1-2 fruit choices
- 1-2 veggie choices

* **Pick a milk choice:**

White, chocolate, and strawberry 1% low-fat milk, & lactose free white milk.

Meals MUST include at least 1 fruit and/or veggie to qualify for meal pricing.

An assortment of fresh cut fruits, veggies, and side salads served daily.

Download our app:

WEB MENUS

For daily menus

August	September	October	November	December
M T W TR F	M T W TR F	M T W TR F	M T W TR F	M T W TR F
Green 3 4 5 6 7	Red 31 1 2 3 4	Green 5 6 7 8 9	Blue 2 3 4 5 6	Green 30 1 2 3 4
Red 10 11 12 13 14	Blue NS 8 9 10 11	Fall Break	Green 9 10 11 12 13	Red 7 8 9 10 11
Blue 17 18 19 20 21	Green 14 15 16 17 18	Fall Break	Red 16 17 18 19 20	Blue 14 15 16 17 18
Green 24 25 26 27 28	Red 21 22 23 24 25	Fall Break	Blue 23 24 Thanksgiving	Winter Break
	Blue 28 29 30 1 2	Red 26 27 28 29 30		Winter Break

For item descriptions, calorie information, and ingredients see the monthly interactive menu at millerscafe.org

Student and staff safety is our #1 priority. We've made several changes to ensure eating with us as safe as possible: all food will be pre-wrapped, condiments and utensils provided by staff, social distancing will be maintained through the serving lines, touchless barcode scanners used, and cash and checks will not be accepted in the line—money must be loaded online at K12PaymentCenter or turned into cafeteria prior to meal service.

Menus are subject to change.

This institution is an equal opportunity provider.