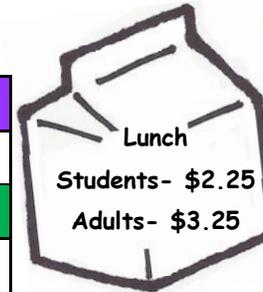




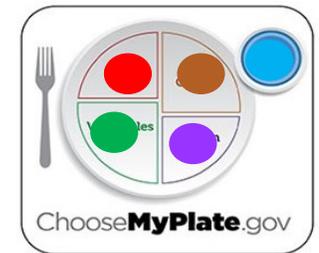
Middle School Lunch Menu



Breakfast— Cereal, cereal bars, muffins, hard boiled eggs, and cheese sticks also available daily				
Breakfast Sandwich	Confetti Pancakes	Breakfast Taco	Sausage Pancake Bites	Mini Cinnis
Green				
Sweet & Sour Chicken With White Rice Pepperoni Breadsticks* Sugar Snap Peas	Creamy Macaroni & Cheese Taco Triangle Bites Caesar Side Salad	Beef & Cheese Nachos Mini Chicken Corn Dogs Refried Beans	Chicken Rings Pizza Crunchers Sweet Potato Fries	Penne & Beef Meatballs Breaded Chicken Sandwich Fresh Steamed Broccoli
Red				
Chicken & Waffles Pork Rib-BQ Sandwich*	Ham & Cheese Panini Fish & Chips Baked French Fries	Pepperoni Calzone Beef Soft Taco with Chips & Salsa Refried Beans	Cheese Lasagna Grilled Chicken Sandwich Vegetable Medley	Pepperoni or Cheese Pizza Slice Roasted Carrots
Blue				
Chicken Poppers Hot Dog Both include Onion Rings Fresh Roasted Veggie	Chicken & Rice Burrito Bowl Cheese Quesadilla Black Beans & Corn	French Toast & Sausage Hamburger & Cheeseburger Hot Cinnamon Apples	Pizza Pasta Bake* Cheese Bosco Sticks Fresh Steamed Broccoli	Breaded Chicken Leg Cheese Omelet Both Served with Biscuit Mashed Potatoes
Deli Selections: PBJ Uncrustable, Yogurt Combos served daily				
Ham & Cheese Sandwich Italian Sub Garden Salad & UBR Bar	Turkey & Cheese Sandwich Honey Mustard Ham Wrap Chef Salad & Cheezits	Ham & Cheese Sandwich Yogurt Parfait & Grahams Caesar Salad & Grahams	Turkey & Cheese Sandwich Club Sub Chicken Taco Salad	Turkey & Cheese Sandwich Buffalo Chicken Wrap

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:
Up to 3 sides
 - 1-2 fruit choices 
 - 1-2 veggie choices 
- * Pick a milk choice:
Skim chocolate, skim white, 1% white, & lactose free white milk. 

Meals **MUST** include 1 fruit or veggie to qualify for meal pricing.

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

Download our app:

WEB MENUS

For daily menus

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

Items marked with * contain pork

Menus are subject to change

Option B is always vegetarian

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