



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				
Orange 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	Rotini & Beef Meatballs Breaded Chicken Sandwich Fresh Steamed Broccoli
Red				
Chicken & Waffles Pork Rib-BQ Sandwich* Green Beans	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	Chicken Wings 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

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For daily
menus

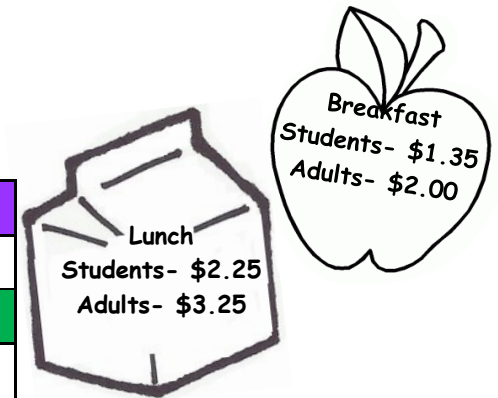
January	February	March	April	May/June
M T W T R F	M T W T R F	M T W T R F	M T W T R F	M T W T R F
Red NS 7 8 9 10	Blue 3 4 5 6 7	Green 2 3 4 5 6	Spring Break	Red 4 5 6 7 8
Blue 13 14 15 16 17	Green 10 11 12 13 14	Red 9 10 11 12 13	Spring Break	Blue 11 12 13 14 15
Green NS 21 22 23 24	Red NS 18 19 20 21	Blue 16 17 18 19 20	Red 13 14 15 16 17	Green 18 19 20 21 22
Red 27 28 29 30 31	Blue 24 25 26 27 28	Green 23 24 25 26 27	Blue 20 21 22 23 24	Red 25 26 27 MCMC
		Spring Break	Green 27 28 29 30 1	MC

Items marked with * contain pork

Menus are subject to change

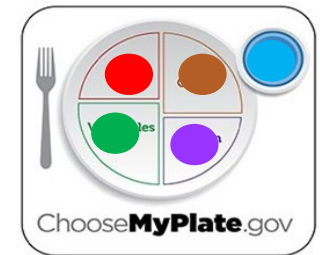
Option B is always vegetarian

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



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.