

Middle Schools



Lunch - Middle Schools

NOVEMBER 2021

1

- No School Today -

2

- No School Today -

3

-Choose 1 Protein & Grain-

Lasagna
w/ Garlic Bread
Corn Dog Nuggets
Stuffed Crust
Cheese Pizza

-Add-

Kickin' Roasted
Veggies

-Garden Vegetable Bar-

Tossed Salad
Grape Tomatoes

-Fruit Bar-

Fresh Banana
Chilled Mandarin
Oranges
Strawberry
Shortcake

4

- No School Today -

5

-Choose 1 Protein & Grain-

Popcorn Chicken
w/ Dinner Roll
Mini Calzones
w/ Dipping Sauce
Cheeseburger/Bun

-Add-

Mashed Potatoes
w/ Gravy

Green Beans

-Garden Vegetable Bar-

Celery Sticks
Super Food Salad

-Fruit Bar-

Fresh Apple
Grapefruit Wedges
Chilled Mixed Fruit

8	9	10	11	12
-Choose 1 Protein & Grain-	-Choose 2 Grains-	-Choose 1 Protein & Grain-	- No School Today -	-Choose 1 Protein & Grain-
All Beef Hot Dog	Rice	Crispy Chicken		Chicken
w/ Bun	Corn Tortilla Chips	w/ Bun		& Waffles
w/ Cheese Sauce	Flour Tortilla	Steak Sub		Ham & Cheese Croissant
Fiesta Queso	-Choose 1 Protein-	w/ Cheese, American, Sliced		Pizza Sticks
Macaroni & Cheese	Southwest Chicken	Grilled Cheese Sandwich		w/ Dipping Sauce
w/ Garlic Bread	Spicy Beef			-Add-
Pepperoni Pizza	-Add-	-Add-		Hot Spiced Apples
-Add-	Golden Queso	Baked Beans		-Garden Vegetable Bar-
Baked Potato	Refried Beans	Potato Wedges		Tossed Salad
Broccoli & Cauliflower	-Garden Vegetable Bar-	-Garden Vegetable Bar-		Broccoli Florets
w/ Cheese Sauce	Shredded Romaine Lettuce	Shredded Romaine Lettuce		-Fruit Bar-
-Garden Vegetable Bar-	Diced Tomatoes	Sliced Tomatoes		Fresh Grape Clusters
Greek Salad	Corn Salad	Pickles		Chilled Mixed Fruit
Baby Carrots	-Fruit Bar-	Pumpkin Soufflé		Fresh Melon
-Fruit Bar-	Chilled Peaches	-Fruit Bar-		
Chilled Pears & Blueberries	Fresh Pear	Applesauce Cup		
Graham Banana Bites	Frozen Mixed Berry Cup	Fresh Strawberries		
Apple Wedges		Fresh Banana		

15	16	17	18	19
-Choose 1-	-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-
Spicy Chicken w/ Bun	Chicken Enchilada	Lasagna	Chicken Parmesan	Popcorn Chicken
-Choose 2 Grains-	Spicy Beef Soft Tacos	w/ Garlic Bread	w/ Garlic Bread	w/ Dinner Roll
Cinnamon Roll	w/ Cheese	Corn Dog Nuggets	Steak & Cheese Stromboli	Mini Calzones
Rice	Cheese Quesadilla	Stuffed Crust Cheese Pizza	w/ Dipping Sauce	w/ Dipping Sauce
-Choose 1 Protein-	-Add-	-Add-	Pizza Sticks	Cheeseburger/Bun
Honey Fire Chicken	Black Beans	Kickin' Roasted Veggies	w/ Dipping Sauce	-Add-
Chicken Teriyaki	Baked Plantains	-Garden Vegetable Bar-	-Add-	Mashed Potatoes
-Add-	-Garden Vegetable Bar-	Tossed Salad	Parmesan Broccolini	w/ Gravy
Stir Fried Cabbage	Shredded Romaine Lettuce	Grape Tomatoes	-Garden Vegetable Bar-	Green Beans
-Garden Vegetable Bar-	Pico de Gallo	-Fruit Bar-	Layered Lettuce Salad	-Garden Vegetable Bar-
BLT Romaine Salad	-Fruit Bar-	Fresh Banana	Cauliflower Florets	Celery Sticks
Baby Carrots	Fresh Pear	Chilled Mandarin Oranges	-Fruit Bar-	Super Food Salad
Cucumber Slices	Chilled Peaches	Strawberry Shortcake	Orange Wedges	-Fruit Bar-
-Fruit Bar-	Mango Pineapple Salsa		Kiwi Wedges	Fresh Apple
Fresh Apple			Chilled Pineapple Chunks	Grapefruit Wedges
Frozen Fruit Juice Cup				Chilled Mixed Fruit
Chilled Pears & Red Grapes				

22**-Choose 1 Protein & Grain-**

All Beef Hot Dog
w/ Bun
w/ Cheese Sauce
Fiesta Queso
Macaroni & Cheese
w/ Garlic Bread
Pepperoni Pizza

-Add-

Baked Potato
Broccoli &
Cauliflower
w/ Cheese Sauce

-Garden Vegetable Bar-

Greek Salad
Baby Carrots
-Fruit Bar-
Chilled Pears &
Blueberries
Graham Banana
Bites
Apple Wedges

23**-Choose 2 Grains-**

Rice
Corn Tortilla Chips
Flour Tortilla

-Choose 1 Protein-

Southwest Chicken
Spicy Beef

-Add-

Golden Queso
Refried Beans

-Garden Vegetable Bar-

Shredded Romaine
Lettuce
Diced Tomatoes
Corn Salad

-Fruit Bar-

Chilled Peaches
Fresh Pear
Frozen Mixed Berry
Cup

24

- No School Today -

25

- No School Today -

26

- No School Today -

29**-Choose 1-**

Spicy Chicken

w/ Bun

-Choose 2 Grains-

Cinnamon Roll

Rice

-Choose 1 Protein-

Honey Fire Chicken

Chicken Teriyaki

-Add-

Stir Fried Cabbage

-Garden Vegetable Bar-

BLT Romaine Salad

Baby Carrots

Cucumber Slices

-Fruit Bar-

Fresh Apple

Frozen Fruit Juice Cup

Chilled Pears & Red Grapes

30**-Choose 1 Protein & Grain-**

Chicken Enchilada

Spicy Beef Soft Tacos

w/ Cheese

Cheese Quesadilla

-Add-

Black Beans

Baked Plantains

-Garden Vegetable Bar-

Shredded Romaine Lettuce

Pico de Gallo

-Fruit Bar-

Fresh Pear

Chilled Peaches

Mango Pineapple Salsa

This institution is an equal opportunity provider.