

# Middle School

## Complete Meal Price

DAY	DATE	ENTREE	AMOUNT	VEGETABLE	AMOUNT	BREAD	AMOUNT	PRICE
MONDAY	27-Nov-17_)	Hot Dogs	3 oz					<b>Students: \$3.00</b> <b>Faculty: \$3.50</b> 1 entrée, veg., potato, bread, and low fat white or chocolate milk
		Cheese Tortellini	3 oz/2 oz gr					
		Mashed Potatoes	.5 c					
		Corn	.5 c					
		Baked Beans						
		WG Dinner Rolls	2 oz					
TUESDAY	28-Nov-17_)	Crispy Chicken Sandwich	3 oz					<b>From the Deli Station</b> Assorted Sandwiches are available every day <b>Turkey and Cheese or Italian (3 oz meat/cheese)</b> All Sandwiches come with lettuce and tomato served on variety of breads, including Whole Wheat, Whole Grain White, and Whole Grain Rye
		Lasagna	3 oz					
		Roasted Potatoes	.5 c					
		Peas	.5 c					
		WG Dinner Rolls	2 oz					
WEDNESDAY	29-Nov-17_)	Dr. Pepper Meatballs	3 oz					<b>Salads available every day, can be used as Veg</b>  Garden - 1 c Romaine and Mesclun, 1/4 c Red Peppers, Carrots, Cucumbers Caesar - 1 c Romaine, Croutons, and Parm Cheese 3 Bean - 1 c Kidney, Garbanzo, and Black Beans Quinoa - 1 c Quinoa, Corn, Tomatoes, Black Beans (3/4 c Corn/Tomatoes, 1/4 c Quinoa/Beans)
		Lentil Burritos	3 oz					
		Rice Pilaf	.5 c					
		Green Beans	.5 c					
		WG Dinner Rolls	2 oz					
THURSDAY	30-Nov-17_)	Italian Focaccia Sandwich	3 oz					<b>Fruits</b> Apples, Oranges, Bananas Fruit Cups (1 c)
		Rib-B-Q s	3 oz					
		French Fries	.5 c					
		Lima Beans	.5 c					
		WG Dinner Rolls	2 oz					
		WG Hamburger Rolls						
FRIDAY	01-Dec-17_)	Pizza	3oz g/2 oz ch					<b>This Week's Vegetables</b>  <b>Dark</b> Romaine, Mesclun  <b>Red/Orange</b> Tomatoes, Carrots,  <b>Beans/Peas</b> Black, Kidney, Garbanzo Peas, Pinto Beans  <b>Starchy</b> Potato, Corn Lima Beans  <b>Other</b> Green Beans
		Fish Sticks	3 oz/2 oz gr					
		Au Gratin Potatoes	.5 c					
		Mixed Veg	.5 c					
		WG Dinner Rolls	2 oz					

Students: \$3.00  
Faculty: \$3.50  
1 entrée, veg., potato, bread,  
and low fat white or chocolate milk

**From the Deli Station**  
Assorted Sandwiches are available every day  
**Turkey and Cheese or Italian (3 oz meat/cheese)**  
All Sandwiches come with lettuce and tomato  
served on variety of breads, including  
Whole Wheat, Whole Grain White, and Whole Grain Rye

**Salads available every day, can be used as Veg**  
  
Garden - 1 c Romaine and Mesclun,  
1/4 c Red Peppers, Carrots, Cucumbers  
Caesar - 1 c Romaine, Croutons, and Parm Cheese  
3 Bean - 1 c Kidney, Garbanzo, and Black Beans  
Quinoa - 1 c Quinoa, Corn, Tomatoes, Black Beans  
(3/4 c Corn/Tomatoes, 1/4 c Quinoa/Beans)

**Fruits**  
Apples, Oranges, Bananas  
Fruit Cups (1 c)

**This Week's Vegetables**  
  
**Dark** Romaine, Mesclun  
  
**Red/Orange** Tomatoes, Carrots,  
  
**Beans/Peas** Black, Kidney, Garbanzo  
Peas, Pinto Beans  
  
**Starchy** Potato, Corn  
Lima Beans  
  
**Other** Green Beans

**Beverages**  
1% White Milk  
Fat Free Chocolate Milk