

Middle School

Complete Meal Price

MONDAY	22-Oct-18_)		
ENTREE	Hamburgers	3 oz	
	Beef Stew	3 oz/2 oz gr	
POTATO	Mashed Potatoes	.5 c	
Rice			
VEGETABLE	Corn	.5 c	
	Baked Beans		
BREAD	WG Hamburger Rolls	2 oz	
	WG Dinner Rolls	2 oz	
TUESDAY	23-Oct-18_)		
ENTREE	Chicken Parm	3 oz	
	Pasta with Coral Sauce	3 oz	
POTATO	Roasted Potatoes	.5 c	
Rice			
VEGETABLE	Butternut Squash	.5 c	
BREAD	WG Dinner Rolls	2 oz	
WEDNESDAY	24-Oct-18_)		
ENTREE	Pastrami Sandwich	3 oz	
	Corned Beef Sandwich	3 oz	
Potato		.5 c	
	Onion Rings		
VEGETABLE	Fried Green Tomatoes	.5 c	
BREAD	WG Dinner Rolls	2 oz	
THURSDAY	25-Oct-18_)		
ENTREE	Rosemary Chicken	3 oz	
	Sloppy Joes	3 oz	
Potato		.5 c	
	Rice		
VEGETABLE	Brussel Sprouts	.5 c	
BREAD	WG Dinner Rolls	2 oz	
FRIDAY	12-Oct-18_)		
ENTREE	Pizza	3oz g/2 oz ch	
	Fish Sticks	3 oz/2 oz gr	
POTATO	Au Gratin Potatoes	.5 c	
VEGETABLE	Mixed Veg	.5 c	
BREAD	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,
Butternut Squash

Beans/Peas Black, Kidney, Garbanzo
Peas

Starchy Potato, Corn

Other V-8
Brussel Sprouts

Beverages

1% White Milk

Fat Free Chocolate Milk