

Middle School Lunch Menu September 2023

Meal Price:

Paid: \$3.50

Adult Lunch Meal: \$5.09+tax

More Info...

Daily Milk Offerings: 1% White, Fat Free White, Fat Free Chocolate (all antibiotic & hormone free)

Daily Fruit Offerings: Apple, Orange, Banana, 100% Apple Juice or 100% Fruit Punch

Daily Vegetable Offerings: Baby Carrots & Celery Sticks

Available Daily:

- Boar's Head Deli Sandwich's
- Grilled Cheese Sandwich on WG Bread **V**
- Bagel Meal: Fresh NY-Style Bagel w/ 2 Cheese Sticks OR Yogurt **V**
- Nacho Bar
- Cheese Pizza **V**
- Pepperoni (P) Pizza

Please Note: (WG) denotes whole grain, (P) denotes item may contain pork, **V** denotes Vegetarian option, (*) denotes item offered with WG dinner roll(s)

All deli sandwiches made with Boar's Head meats

Grades K-12 are offer vs serve and must choose at least 3, up to 5, of the below mentioned items. One of the choices must be a fruit or vegetable.

- Meat/Meat Alternate
- Vegetable
- Whole Grain Item
- Fruit
- Milk



This institution is an equal opportunity provider.

WELCOME BACK TO SCHOOL

Made to order
Salad Bar
available every
Friday!

**FREE LUNCH
WEEK!
SEPTEMBER
11th – 15th**

Indicates a fresh produce.
 Denotes item prepared from scratch or speed scratch.

1

**No School
Summer Recess**

4

**No School
Summer Recess**

5

Chicken or Cheese
Quesadilla on WG Tortilla
Black Beans
Steamed Corn
Fruit of the Day
Milk of the Day

6

Pepperoni (P) or Cheese
Calzone
Cucumber & Tomato
Salad
Fruit of the Day
Milk of the Day

7

Tater Tot Beef Nachos
Broccoli
Fruit of the Day
Milk of the Day

8

Chicken Parmesan
Red Pepper Strips
Fruit of the Day
Milk of the Day

11

FREE LUNCH
Pizza Crunchers
Grape Tomatoes
Fruit of the Day
Milk of the Day

12

FREE LUNCH
Chicken Club Melt
Roasted Zucchini
Fruit of the Day
Milk of the Day

13

FREE LUNCH
Mac & Cheese*
Steamed Spinach
Fruit of the Day
Milk of the Day

14

FREE LUNCH
Bacon Cheeseburger
Chickpea Salad
Fruit of the Day
Milk of the Day

15

FREE LUNCH
BBQ Chicken & Cheddar
Flatbread
Cucumber Coins
Fruit of the Day
Milk of the Day

18

Tater Tot Beef Nachos
Black Beans
Fruit of the Day
Milk of the Day

19

Pizza Chicken Meatball
Sub Melt
Broccoli
Fruit of the Day
Milk of the Day

20

Philly Cheesesteak on
WG Sub
Waffle Fries
Spinach Salad
Fruit of the Day
Milk of the Day

21

Baked Ziti with Garlic
Bread
Cucumber Coins
Fruit of the Day
Milk of the Day

22

Fish Sticks
Steamed Green Beans
Fruit of the Day
Milk of the Day

25

**No School
Yom Kippur**

26

Ham (P) & Cheese Melt
on Bagel
Roasted Cauliflower
Fruit of the Day
Milk of the Day

27

Pepperoni (P) or Cheese
Calzone
Garden Salad
Fruit of the Day
Milk of the Day

28

Chicken Club Melt
Steamed Corn
Fruit of the Day
Milk of the Day

29

Pizza Crunchers
Red Pepper Strips
Fruit of the Day
Milk of the Day