

# MIDDLE SCHOOL LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3-Apr</b> WG Turkey Pepperoni Pizza Orange Fruit Mix Romaine Salad Mix Corn Choice of Milk FF Ranch/Italian Dressing OR CHOICE OF SALAD BAR	<b>4-Apr</b> Chicken Taquito Meat in Salsa WG Flour Tortilla Mexican Rice Banana Fruit Salad Beans Avocado Choice of Milk OR CHOICE OF SALAD BAR	<b>5-Apr</b> Diced Pork Meat WG Flour Tortilla Grapes Strawberries Beans Mexican Rice Choice of Milk Salsa OR CHOICE OF SALAD BAR	<b>6-Apr</b> Bean Tostadas Mexican Rice Pear Mango Sliced Carrots Salsa Shredded Lettuce Choice of Milk RF Shredded Cheese OR CHOICE OF SALAD BAR	<b>7-Apr</b> Chicken Fajitas WG Flour Tortilla Mexican Rice Orange Fruit Mix Beans Salsa Shredded Lettuce Choice of Milk OR CHOICE OF SALAD BAR
<b>10-Apr</b> Beef Fried Steak WG Dinner Roll Apple Orange Segments Mashed Potatoes Strawberries Choice of Milk LS Brown Gravy OR CHOICE OF SALAD BAR	<b>11-Apr</b> Baked Chicken WG Dinner roll Banana Fruit Salad Mashed Potatoes Sliced Carrots Choice of Milk LS Chicken Gravy OR CHOICE OF SALAD BAR	<b>12-Apr</b> BBQ Pulled Pork Sandwich WG Hamburger Bun Grapes Strawberries Broccoli Baked Beans Potato Trilater Choice of Milk Ketchup OR CHOICE OF SALAD BAR	<b>13-Apr</b> Filet of Fish RF/RS Sliced American Cheese WG Hamburger Bun Pear Mango Broccoli French Fries Choice of Milk Ketchup	<b>14-Apr</b> <b>NO SCHOOL</b>  <b>GOOD FRIDAY</b>
<b>17-Apr</b> Italian Sausage WG Hot Dog Bun Grapes Strawberries Corn Romaine Salad Mix Choice of Milk FF Ranch/Italian Dressing OR CHOICE OF SALAD BAR	<b>18-Apr</b> Chicken Taquito Meat in Salsa WG Flour Tortilla Mexican Rice Banana Fruit Salad Beans Avocado Choice of Milk OR CHOICE OF SALAD BAR	<b>19-Apr</b> <b>NO SCHOOL</b>	<b>20-Apr</b> LS Hamburger Patty WG Hamburger Bun Apple Orange Segments Broccoli Sweet Potato Fries Choice of Milk RF/RS Sliced American Cheese Ketchup/Mustard/Lite Mayo OR CHOICE OF SALAD BAR	<b>21-Apr</b> WG Turkey Pepperoni Pizza Orange Fruit Mix Iceberg Salad Mix Corn Choice of Milk FF Ranch/Italian Dressing OR CHOICE OF SALAD BAR
<b>24-Apr</b> Taco Salad w/Tortilla Chips Mexican Rice Orange Fruit Mix Beans Salsa Diced Tomato Shredded Lettuce Choice of Milk OR CHOICE OF SALAD BAR	<b>25-Apr</b> WG Chicken Strips WWW Bread Apple Orange Segments Mashed Potatoes Strawberries Choice of Milk LS Chicken Gravy OR CHOICE OF SALAD BAR	<b>26-Apr</b> Bean Tostadas Mexican Rice Pear Mango Sliced Carrots Salsa Shredded Lettuce Choice of Milk RF Shredded Cheese OR CHOICE OF SALAD BAR	<b>27-Apr</b> Beef Fried Steak WG Dinner Roll Apple Orange Segments Mashed Potatoes Strawberries Choice of Milk LS Brown Gravy OR CHOICE OF SALAD BAR	<b>28-Apr</b> LS Hamburger Patty WG Hamburger Bun Apple Orange Segments Broccoli Sweet Potato Fries Choice of Milk RF/RS Sliced American Cheese Ketchup/Mustard/Lite Mayo OR CHOICE OF SALAD BAR
				<u>Choice of Milk</u> 1% White Milk or Skim Chocolate Milk <u>Abbreviations</u> WG = Whole Grain WWW = White Whole Wheat WW = Whole Wheat RF = Reduced Fat RS = Reduced Sodium LS= Low Sodium