




**Middle School Grades 6-8 Lunch Menu
April 2019**

	Lean & Green Monday 4/1	Tuesday 4/2	Wednesday 4/3	Thursday 4/4	Friday 4/5
Entrée – choose 1	**Two Cheese Twisted Stix (38g) **Amazing Lo Mein w/ Beans (63g) or w/ Eggs (43g) & Cornbread (29g) **Cheese & Bean Enchilada (42g)	*Southwest Burger on Bun (26g) *Chicken and Cheese Taquitos (30g) *Lasagna (34g) & Breadstick (17g)	*Chicken Enchilada Dip with Tortilla Chips (31g) & Cornbread (29g) *Pepperoni Pizza (35g) *Turkey & Cheese Melt (31g)	 Ohio Day Hamburger on Bun (25g) *Hot Italian Sub (30g) *Cheesy Chicken Crunch Wrap (56g)	*Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Chili Cheese Coney (31g)
	COLD ENTREES **Egg Salad on Croissant (32g)	COLD ENTREES *Turkey & Cheese Sub (29g)	COLD ENTREES **Yogurt Parfait (72-91g) & Muffin (26-28g)	COLD ENTREES **Egg Combo (34-59g)	COLD ENTREES *Cobb Salad (12g) & Cornbread (29g)
Choose 1 or more	*Steamed Broccoli (2g) *Tomato Soup (15g) and Saltines (19g)	*Collard Greens (4g) **Garbanzo beans (20g)	*Corn (17g) *Hot Apple Slices (20g)	*Potato of Choice (14-37g) *Edamame Medley – edamame, corn, carrots, & red peppers (8g)	**Baked Beans (28g)

WEEK 1

	Lean & Green Monday 4/8	Tuesday 4/9	Wednesday 4/10	Thursday 4/11	Friday 4/12
Entrée – choose 1	**Chili Cheese Wrap (37g) ** Cheesy Crescent Roll (33g) **French Toast Sticks with Egg (59g)	*Salisbury Steak on Bun (34g) *Turkey Corn Dog (30g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (37g)	*Cook's Choice *Pepperoni Pizza (35g) *Taco Salad with Tortilla Chips (29g) & Cornbread (29g)	*Cheeseburger on Bun (26g) *Cook's Choice **Toasted Cheese Sandwich (32g)	*Chicken Tenders (12g) & Breadstick (17g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Cook's Choice
	COLD ENTREES **Sun Butter Grab-n-Go (71-77g)	COLD ENTREES *Cook's Choice	COLD ENTREES **Yogurt Parfait (72-91g) & Muffin (26-28g)	COLD ENTREES *Italian Salad (10g) & Breadstick (17g)	COLD ENTREES *Chef Salad (17g) & Breadstick (17g)
Choose 1 or more	*Green Beans (5g) *Tomato Soup (15g) and Saltines (19g)	*Mashed Potatoes with Gravy (23g) *Brussels Sprouts (7g)	*Corn (17g) **Black beans (22g)	**Potato of Choice (14-37g) *Steamed Broccoli (2g)	*Mixed Vegetables – corn, peas, carrots, green beans, & lima beans (9g) *Hot Peach Slices (28g)

WEEK 2

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots), and 1% low fat white milk (13g) or fat-free chocolate milk (24g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. **Meatless food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 4/1/2019



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April 2019**

	Lean & Green Monday 4/15	Tuesday 4/16	Wednesday 4/17	Thursday 4/18	Friday 4/19
Entrée – choose 1	**Veggie Pasta Bake (41g) & Breadstick (17g) **Blazin’ Buffalo Wrap (51g) **Vegetable Egg Roll (22g) & Egg Fried Rice (29g)	**Cheese & Bean Enchilada (42g) **Macaroni-n-Cheese (25g) & Cornbread (29g) *Chicken Patty on Bun (34g)	*Philly Steak & Cheese Sub (33g) *Fiestada Pizza (43g) *Turkey Sausage & French Toast Sticks (58g)	*Hamburger on Bun (25g) *Cook’s Choice *Hot & Spicy Chicken Drumstick (6g) & Biscuit (27g)	
	COLD ENTREES **Cottage Cheese (6g) + Muffin (26-28g) + Fruit	COLD ENTREES *Turkey & Cheese Wrap (34g)	COLD ENTREES **Yogurt Parfait (72-91g) & Muffin (26-28g)	COLD ENTREES **Veg Out Sub (40g)	NO SCHOOL
Choose 1 or more	*Green Beans (5g) **Black beans (22g)	*Potato of Choice (14-37g) *Collard Greens (4g)	*Corn (17g) *Hot Apple Slices (20g)	*Potato of Choice (14-37g) *California Mixed Vegetables – broccoli, carrots, & cauliflower (3g)	

WEEK 3

	Lean & Green Monday 4/22	Tuesday 4/23	Wednesday 4/24	Thursday 4/25	Friday 4/26
Entrée – choose 1					
	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Choose 1 or more					

WEEK 4



SPRING BREAK April 19 – April 28

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots), and 1% low fat white milk (13g) or fat-free chocolate milk (24g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. **Meatless food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 4/1/2019