




**Middle School Grades 6-8 Lunch Menu  
January/February 2019**

	<b>Lean &amp; Green Monday 1/7</b>	<b>Tuesday 1/8</b>	<b>Wednesday 1/9</b>	<b>Thursday 1/10</b>	<b>Friday 1/11</b>
<b>Entrée – choose 1</b>	**Cheesy Crescent Roll (33g)  **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)	*Hot Italian Sub (30g)  *Cheesy Chicken Crunch Wrap (56g)  **Veggie Burger (39g) or Cheeseburger on Bun (27g)	*Spicy Chicken Tenders (9g) & Cornbread (29g)  **Veggie Pizza (43g) or Cheese Pizza (35g)  *Chili Cheese Coney (31g)
	<b>COLD ENTREES</b>  **Egg Salad on Croissant (32g)	<b>COLD ENTREES</b>  *Turkey & Cheese Sub (29g)	<b>COLD ENTREES</b>  **Yogurt Parfait (72-91g) & Muffin (26-28g)	<b>COLD ENTREES</b>  **Egg Combo (34-59g)	<b>COLD ENTREES</b>  *Cobb Salad (12g) & Cornbread (29g)
<b>Choose 1 or more</b>	*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**

	<b>Lean &amp; Green Monday 1/14</b>	<b>Tuesday 1/15</b>	<b>Wednesday 1/16</b>	<b>Thursday 1/17</b>	<b>Friday 1/18</b>
<b>Entrée – choose 1</b>	**Chili Cheese Wrap (37g)  **Toasted Cheese Sandwich (32g)  **French Toast Sticks with Egg (59g)	*Salisbury Steak on Bun (34g)  *Turkey Corn Dog (30g)  **Cheese Stuffed Breadsticks with Spaghetti Sauce (37g)		 *Ohio Day Turkey with Gravy (2g)  *Sweet-n-Sour Chicken over Rice (39g) & Cornbread (29g)  **Toasted Cheese Sandwich (32g)	*Chicken Tenders (12g) & Breadstick (17g)  **Veggie Pizza (43g) or Cheese Pizza (35g)  *Cheese and Chicken Burrito (53g)
	<b>COLD ENTREES</b>  **Sun Butter Grab-n-Go (71-77g)	<b>COLD ENTREES</b>  *BBQ Chicken Wrap (47g)	<b>NO SCHOOL</b>	<b>COLD ENTREES</b>  *Italian Salad (10g) & Breadstick (17g)	<b>COLD ENTREES</b>  *Chef Salad (17g) & Breadstick (17g)
<b>Choose 1 or more</b>	*Green Beans (5g)  *Tomato Soup (15g) and Saltines (19g)	*Mashed Potatoes with Gravy (23g)  *Brussels Sprouts (7g)		**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 12/7/2018



**Middle School Grades 6-8 Lunch Menu  
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	Monday 1/21	Tuesday 1/22	Wednesday 1/23	Thursday 1/24	Friday 1/25
<b>Entrée – choose 1</b>		**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)  *Turkey Divan (33g) & Cornbread (29g)  *Hot & Spicy Chicken Drumstick (6g) & Biscuit (27g)	*Spicy Chicken Tenders (9g) & Cornbread (29g)  **Veggie Pizza (43g) or Cheese Pizza (35g)  *Fiesta Nachos (36g)
	<b>MARTIN LUTHER KING, JR. DAY</b>  <b>NO SCHOOL</b>	<b>COLD ENTREES</b>  *Turkey & Cheese Wrap (34g)	<b>COLD ENTREES</b>  **Yogurt Parfait (72-91g) & Muffin (26-28g)	<b>COLD ENTREES</b>  **Veg Out Sub (40g)	<b>COLD ENTREES</b>  *Chef Salad (17g) & Cornbread (29g)
<b>Choose 1 or more</b>		*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)	*Steamed Broccoli (2g)

WEEK 3

	Lean & Green Monday 1/28	Tuesday 1/29	Wednesday 1/30	Thursday 1/31	Friday 2/1
<b>Entrée – choose 1</b>	**Cheese Pizza (35g)  **Pro Bean Chili (30g) & 2 Cornbread (58g)  **Veggie Burger on Bun with BBQ (44g) or with Cheese (40g)	*Chicken Nuggets (15g) & Breadstick (17g)  *BBQ Beef Rib Sub (40g)  **Cheese Stuffed Breadsticks with Spaghetti Sauce (48g)	*Cheeseburger on Bun (26g)  *Pepperoni Pizza (35g)  *Sloppy Joe on Bun (36g)	**Cheese & Bean Burrito (40g)  *Chicken Drumstick & Waffle (34g)  *Spaghetti with Meat Sauce (34g) & Breadstick (17g)	*Hamburger on Bun (25g)  **Veggie Pizza (43g) or Cheese Pizza (35g)  *Chicken Fajita (39g)
	<b>COLD ENTREES</b>  **Sun Butter Grab-n-Go (71-77g)	<b>COLD ENTREES</b>  *Cobb Salad (12g) & Breadstick (17g)	<b>COLD ENTREES</b>  **Yogurt Parfait (72-91g) & Muffin (26-28g)	<b>COLD ENTREES</b>  *Turkey & Cheese Sub (29g)	<b>COLD ENTREES</b>  *Crispy Chicken Salad (27g) & Breadstick (17g)
<b>Choose 1 or more</b>	*Corn (17g)  **Black beans (22g)	*Potato of Choice (14-37g)  *Green Beans (5g)	*Steamed Cabbage (3g)	*Steamed Broccoli (2g)	*Italian Mixed Vegetables – zucchini, carrot, cauliflower, Italian green beans & lima beans (5g)

WEEK 4

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 12/7/2018