



# MIDDLE SCHOOL LUNCH MENU

SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
<p>August 29th</p> <p>Homestyle Chicken Sandwich</p>	<p>August 30<sup>th</sup></p> <p>Chicken Taco Flatbread</p>	<p>August 31<sup>st</sup></p> <p>Buffalo Chicken Salad with Pretzels</p>	<p>Chicken Nuggets with Pretzel Goldfish 1</p>	<p><b>Schools Closed</b> 2</p>	<p><b>Cheese Pizza offered at lunch Daily!</b></p>
<p><b>Weekly Alternate: Veggie Nuggets with Dipping Sauce &amp; WG Cheez its</b></p>					
<p><b>Schools Closed</b> 5</p>	<p><b>Cheese Pizza National Cheese Pizza Day!</b> 6</p>	<p>Whole Grain French Toast Sticks with Turkey Sausage 7</p>	<p>Beef Cheesesteak Flatbread 8</p>	<p>Spicy Chicken Sandwich with Pickles 9</p>	<p>All Fruit Sorbet offered with lunch on days with </p> <p><b>Monday-</b> French Fries, Apples</p>
<p><b>Weekly Alternate: Walking Taco ( Beef Taco or Vegetarian) or Chicken Caesar Salad</b></p>					
<p>Homestyle Chicken Sandwich 12</p>	<p>Chicken Walking Taco with Lettuce and Cheese 13</p>	<p> Chicken Tenders with WG Cheez its 14</p>	<p>Grilled Cheese with Tomato 15</p>	<p>Cheeseburger with lettuce &amp; tomato  <b>National Cheeseburger Day!</b> 16</p>	<p><b>Tuesday-</b> Black Bean and Corn Salad, Oranges</p>
<p><b>Weekly Alternate: Crispy Fish Taco with Spicy Slaw or Popcorn Chicken Salad</b></p>					
<p> <b>Weekly Alternate: Buffalo Cauliflower Pizza or Roasted Veggie Wrap</b> </p> <p>BBQ Grilled Chicken Panini 19</p>	<p>Chicken Nuggets with Pretzel Goldfish 20</p>	<p> Macaroni And Cheese 21</p>	<p>Beef Taco With Cheese and Salsa 22</p>	<p>Chicken Tenders and Waffles with Syrup and Cranberry Slaw  <b>Fall Fest!</b> 23</p>	<p><b>Wednesday-</b> Carrots, Grapes</p>
<p><b>Weekly Alternate: Chicken Tenders or Baja Taco Salad with Chips</b></p>					
<p>Cheddar Cheeseburger with Jalapenos 26</p>	<p>Egg and Cheese Bagel Sandwich 27</p>	<p> Beef/ Chicken Pepperoni Pizza 28</p>	<p>Chicken Parmesan Hoagie 29</p>	<p> Veggie Chik'n Nuggets 30</p>	<p><b>Thursday-</b> Celery Sticks, Bananas</p>
<p><b>Weekly Alternate: Chicken Tenders or Baja Taco Salad with Chips</b></p>					
<p><b>Friday-</b> Steamed Broccoli, Assorted Canned Fruit</p> <p><i>*Variety of Non Fat Milk Served daily*</i></p>					