



Middle School Lunch Menu

December 2016

28

side items

29

side items

30

side items

1
Nachos, Chicken Nuggets
 Burger, Pizza
 Grilled Cheese, Pbj

Baked Beans
 Fruit, juice

2
Sweet and Sour Chicken with Broccoli
 Burger, Pizza
 Grilled Cheese, Pbj

Steamed broccoli
 Fruit, juice

5
Roast Chicken w/Dinner Roll
 Chicken Patty, Burger, Pizza
 Grilled Cheese, Pbj

Mashed Potatoes
 Fruit, juice

6
Pasta with Meat Sauce
 Chicken Patty, Burger, Pizza
 Grilled Cheese, Pbj

Green Beans,
 Fruit, juice

7
Chicken Nuggets w/Dinner Roll
 Burger, Pizza
 Grilled Cheese, Pbj

Carrots
 Fruit, juice

8
Meatball Sub, Nachos
 Burger, Pizza, Chicken Patty
 Grilled Cheese, Pbj

Baked Beans
 Fruit, juice

9
General Tso Chicken with Broccoli and Rice
 Burger, Pizza
 Grilled Cheese, Pbj

Spinach
 Fruit, juice

12
Meatloaf w/Gravy, Chicken Tenders
 Burger, Pizza
 Pbj, Grilled Cheese

Fries
 Fruit, juice

13
Chicken Mashed Potato Bowl
 Burger, Pizza
 Pbj, Grilled Cheese

Green beans,
 Fruit, juice

14
Cheesy Penne Bake w/Dinner Roll
 Burger, Pizza, Chicken Patty
 Pbj, Grilled cheese

Corn
 fruit, juice

15
BBQ Pork Sandwich,
 Chicken Nuggets, Burger, Pizza
 Pbj, Grilled cheese

Campfire Beans
 fruit, juice

16
Fish Melt, Hot Dogs
 Burger, Pizza
 Pbj, Grilled Cheese

Broccoli
 Fruit, juice

19
Pizza Sticks, Tacos
 Burger, Pizza, Chicken Patty
 Pbj, Grilled cheese

Fries
 fruit, juice

20
Salisbury Steak w/ Noodles
 Burger, Pizza, Chicken Tenders
 Pbj, Grilled cheese

Green Beans,
 Fruit, juice

21
Orange Popcorn Chicken with Rice
 Burger, Pizza
 Pbj, Grilled cheese

Sweet Potato Tots
 Fruit, juice

22
Pasta with Meat sauce
 Chicken Patty, Burger, Pizza
 Pbj, Grilled Cheese

Mixed Veggies
 Fruit, juice

23
Chicken Marsala with Rice
 Chicken Patty, Burger, Pizza
 Pbj, Grilled Cheese

Green Peas
 Fruit, juice

26

side items

27
HAPPY HOLIDAYS

side items

28
ENJOY FAMILY

side items

29
CELEBRATE

side items

30

side items

Lunch \$2.75 Reduced .25c Adult \$3.61

Premium Cold Cuts
Pre Order your Sandwiches or Salads

Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.



Healthy Snack Options!!!

Lunch consists of Grain, Protein, Fruit/Veggie and Milk...Student must take a Fruit/Juice

Questions or concerns, let me know!



Cara Dimarsico

Food Service Director 526-7847 ext 1321



Middle School Breakfast Menu

December 2016

28

side items

29

side items

30

side items

1
Egg and Cheese Sandwich
 Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

2
Egg and Cheese Sandwich
 Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

5
Egg and Cheese Sandwich
 Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

6
Egg and Cheese Sandwich
 Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

7
Egg and Cheese Sandwich
 Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

8
Egg and Cheese Sandwich,
 Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

9
Egg and Cheese Sandwich
 Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

12
Egg and Cheese Sandwich
 Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

13
Egg and Cheese Sandwich
 Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

14
Egg and Cheese Sandwich
 Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

15
Egg and Cheese Sandwich
 Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

16
Egg and Cheese Sandwich
 Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

19
Egg and Cheese Sandwich
 Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

20
Egg and Cheese Sandwich
 Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

21
Egg and Cheese Sandwich
 Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

22
Egg and Cheese Sandwich
 Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

23
Egg and Cheese Sandwich
 Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice
 Milk: Skim, 1%, Chocolate Skim

26

side items

27

side items

28

side items

29

side items

30

side items

Enjoy Healthy Breakfast Daily Specials, Pancakes, Egg Sandwiches, Donuts, French Toast

Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

Breakfast \$1.25 Reduced .25c



Healthy Choices

Use MYSCHOOLBUCKS and add money to your child's account



Cara Dimarsico
 Food Service Director 526-7847 ext 1321

Questions or concerns, let me know!