

SEPTEMBER 2019

PARKER MIDDLE SCHOOL MENU

Lunch: \$2.50 Milk: \$.55
 Reduced: \$.40
 Students may choose a Pre-made Salad, PB&J Sandwich, Panini Sandwich, or PIZZA (MWF) in place of Main Entrée listed.
 Milk and Juice served daily.

Monday

Tuesday

Wednesday

Thursday

Friday

Happy Labor Day!!


2

Garbage Fries
 Corn
 Spinach Side Salad
 Mandarin Oranges

3

Chicken Pot Pie
 Mashed Potatoes
 Biscuit
 Peaches

4

Ham & Cheese Pretzel
 California Blend Veggies
 Potato Wedges
 Apple Slices w/ Caramel

5

Corn Dog w/ Dinner Roll
 Side Salad
 Broccoli
 Pears

6

Chicken Fritter on Whole
 Wheat Bun
 Green Beans
 Pears

9

French Toast Sticks
 Sausage
 Roasted Potatoes
 Mandarin Oranges

10

3 Cheese Calzone
 Peas
 Peaches

11

Popcorn Chicken Bowl
 Dinner Roll
 Mashed Potatoes
 Corn
 Pineapple

12

Walking Tacos
 Mixed Vegetables
 Apple Sauce
 Cinnamon Churros

13

BBQ Pork Rib Sandwich
 Mixed Vegetables
 Applesauce

16

Chicken Tenders
 Mini Corn Bread Muffin
 Spiral Fries
 Cooked Carrots
 Fruit Cup

17

Hot Dog on Bun
 Toppings
 Baked Bean
 Pineapple Cup

18

Mac & Cheese
 Dinner Roll
 Winter Blend Veggies
 Mandarin Oranges

19

Chicken Quesadilla
 Corn
 Seasonal Fruit Cup
 Fruit Churros

20

Spaghetti & Meatballs
 w/ Breadsticks
 Mixed Vegetables
 Pears

23

General Tso's Chicken
 Rice
 Spinach Salad
 Cooked Broccoli
 Side Kicks Fruit Cup

24

Chicken Patty Sandwich
 (regular or spicy)
 Mixed Vegetables
 Sliced Apples
 Chocolate Chip Cookie

25

Cheeseburger on Bun
 Toppings
 Chef's Choice Veggie
 Garlic Fries
 Peaches

26

Cheesy Meatloaf
 WG Bun
 Scalloped Potatoes
 Seasoned Corn
 Applesauce

27

PIZZA for ALL
 California Blend Veggies
 Fruit Salad

30

What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.
 Choice of Meat or Meat Alternate
 Choice of Vegetable*, Choice of Fruit*
 Choice of Grain/Bread, and Choice of Milk

