



Menu Subject to change based on Item availability.

# SEPTEMBER 2021

## Middle School

Lunch: FREE for ALL Students

Adult Meal: \$3.75

Milk: \$0.60

Students may choose a Pre-Made Salad, PB&J Sandwich, Bento Box or Pizza (MWF) in place of the main entrée.

Monday

Tuesday

Wednesday

Thursday

Friday

*Happy Labor Day!!*

Chicken Fritter on Whole Wheat Bun  
Green Beans  
Pears

Goulash  
Mixed Vegetables  
Applesauce

Spaghetti & Meat sauce w/ Breadsticks  
Mixed Vegetables  
Pears

Garbage Fries  
Corn  
Dinner Roll  
Spinach Side Salad  
Mandarin Oranges

French Toast Sticks  
Sausage  
Roasted Potatoes  
Mandarin Oranges

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

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

Chicken Fajita  
Seasoned Corn  
Apple Sauce  
Fruit Churros

Chicken Noodle Soup  
Soft Pretzel  
Peas  
Peaches

Walking Tacos  
Mixed Vegetables  
Apple Sauce  
Cinnamon Churros

Beef Gravy over Noodles  
WG Biscuit  
Chef's Choice Veggies  
Applesauce

Hot Dog on Bun  
Toppings  
Baked Bean  
Pineapple Cup

Grilled Cheese  
Tomato Soup  
Green Beans  
Peaches

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

Popcorn Chicken Bowl  
Dinner Roll  
Mashed Potatoes  
Corn  
Pineapple

Mac & Cheese  
Dinner Roll  
Winter Blend Veggies  
Mandarin Oranges

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

Pizza  
California Blend Veggies  
Fruit Salad

Corn Dog w/ Dinner Roll  
Side Salad  
Broccoli  
Pears

3 Cheese Calzone  
Peas  
Peaches

Chicken Quesadilla  
Corn  
Seasonal Fruit Cup  
Fruit Churros



### What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch.

Choice of Meat or Meat Alternate

Choice of Vegetable\*, Choice of Fruit\*

Choice of Grain/Bread, and Choice of Milk