

November 2024 Middle School Menu

Menus are subject to change without notice.

WG = Whole Grain LF = Low Fat

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| | | | | No School |
| No School | Bone-In Chicken Wings with WG roll and assorted sauces Herb roasted potatoes Steamed corn Rainbow veggie bar Fruit choice* Milk choice* | Hamburger/Cheeseburger/ Veggie Burger on WG Bun Assorted fresh toppings Oven baked beans Rainbow veggie bar Fruit choice* Milk choice* | WG Pancakes with Syrup Cheese Omelet Breakfast potatoes Colorful garden peppers Fruit choice* Milk choice* | WG Chicken Tenders WG Vegilicious Pasta Salad Oven baked sweet potato fries Rainbow veggie bar Fruit choice* Milk choice* |
| Burrito Bowl Assorted vegetable toppings Ranchero pinto beans Seasoned brown rice Fruit choice* Milk choice* | Chicken and Alfredo Sauce with WG Pasta WG Garlic Breadstick Steamed peas and carrots Rainbow veggie bar Fruit choice* Milk choice* | WG Primo Pizza Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice* | WG Chicken Sandwich Baked butternut squash Oven baked beans Rainbow veggie bar Fruit choice* Milk choice* | WG Shrimp Poppers Three Cheese Cavatappi Mac Steamed carrots Cucumber ranch salad Rainbow veggie bar Fruit choice* Milk choice* |
| Chicken Parmesan with WG Pasta Steamed green beans Rainbow veggie bar Fruit choice* Milk choice* | Chicken Fajita Steamed peppers and onions Fresh fixings Refried beans Seasoned brown rice Fruit choice* Milk choice* | WG Cinnamon Roll Yogurt Cup Breakfast potatoes Colorful garden peppers Rainbow veggie bar Fruit choice* Milk choice* | Ultimate All Beef Hotdog Bar 21 Ranchero pinto beans Creamy coleslaw Rainbow veggie bar Fruit choice* Milk choice* | WG Garlic Cheesebread Marinara sauce Caesar salad Rainbow veggie bar Fruit choice* Milk choice* |
| Mini Sampler Basket 25 Steamed potato fries Oven roasted vegetable medley Rainbow veggie bar with hummus Fruit choice* Milk choice* | Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice* | E-Learning Day No Meals | No School Thanksgiving Break | No School Thanksgiving Break |

Sandwich/Wrap choices: Daily features listed on the School District Child Nutrition Website.

Salad Choice: Daily features listed on the School District Child Nutrition Website.

Grill'd Greats Alternative Hot Entree: Daily features listed on the School District Child Nutrition Website.



Free Meals for All Students

- ♦ Free Meals All students enrolled in the school district can receive one free breakfast meal and one free lunch meal every day.
- ♦ Ala Carte items, second meals, and all adult meals will be charged accordingly. Adult and Second meals will be charged \$5.00 per meal.
- Milk is included in the price of a breakfast and lunch meal. Students who take milk only at meals will be charged \$0.50 per carton. Please know that if your child is bringing lunch from home and ordering milk they will be charged.

This institution is an equal opportunity provider.