

December 2018

Middle School

LUNCH



Nondiscrimination Statement: This institution is an equal opportunity employer.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Chicken Quesadilla **3**
 Black Bean Salsa
 Buffalo Roasted Cauliflower
 Kiwi
 Milk
 Chocolate Chip Cookie

Tuesday

Nachos **4**
 Spinach Salad
 Refried Beans
 Mandarin Oranges
 Milk

Wednesday

Turkey w/ Stuffing **5**
 Sweet Potatoes
 Roasted Corn
 Apple Slices
 Milk
 Pumpkin Pie

Thursday

Honey Glazed Ham w/ roll **6**
 Green Beans
 Mashed Potatoes
 Applesauce
 Milk
 Brownie

Friday

Hamburger w/ Trimmings **7**
 Sweet Potato Fries
 Broccoli Salad
 Mixed Fruit
 Milk

Bagel w/ Vegetable Soup **10**
 Veggies w/ Dip
 Apple Slices
 Milk
 Strawberry Parfait

Stromboli **11**
 Broccoli
 French Fries
 Mixed Fruit Cup
 Milk
 Rice Krispy Treat

Hot Dog or Corndog **12**
 Carrots w/ Dip
 Baked Beans
 Pineapple
 Milk

Popcorn Chicken **13**
 Roll
 Chili Roasted Sweet Potatoes
 Lima Beans
 Grapes
 Milk

Chili Three Way **14**
 Kale Chips
 Oven Roasted Corn
 Fruit Salad
 Milk

Pizza **17**
 French Fries
 Spinach Salad
 Fruit Mix
 Milk

Chicken Tenders **18**
 Corn Bread
 Savory Carrots
 Green Beans
 Apple Slices
 Milk

Grilled Cheese **19**
 Tomato Soup
 Tater Tots
 Side Kick
 Milk

No School **20**

No School **21**

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