

# MIDDLE SCHOOL LUNCH

# SEPTEMBER 2019

| MON   | TUE  | WED   | THU   | FRI  |
|---|--|---|---|--|
| <b>2</b><br><b>LABOR DAY</b>  | <b>3</b><br><b>TURKEY CORN DOG</b><br><b>INTERNATIONAL CUISINE</b><br><b>PENNE ALFREDO W/ ITALIAN CHICKEN SAUSAGE BREADSTICK</b><br>California Blend Vegetables<br>Apple<br><b>SALAD BAR</b>   | <b>4</b><br><b>CHICKEN TENDERS</b><br>School Made Dinner Roll<br><b>INTERNATIONAL CUISINE</b><br><b>CHEESE OR TURKEY PEPPERONI PIZZA</b><br>Mashed Potatoes w/ Gravy<br>Honeydew<br><b>SALAD BAR</b>                          | <b>5</b><br><b>TOASTED CHEESE SANDWICH TOMATO SOUP</b><br><b>INTERNATIONAL CUISINE</b><br><b>ROTINI AND BEEF MEATBALLS IN MARINARA SAUCE BREADSTICK</b><br>Roasted Broccoli<br>Pineapple<br><b>SALAD BAR</b>                                | <b>6</b><br><b>BEEF CHEESEBURGER</b><br><b>INTERNATIONAL CUISINE</b><br><b>PENNE ALFREDO W/ CHICKEN</b><br>Baked Sweet Potato Fries<br>Grapes<br><b>SALAD BAR</b>  |
| <b>9</b><br><b>BEEF HOTDOG</b><br>Baked Beans<br><b>INTERNATIONAL CUISINE</b><br><b>ORANGE CHICKEN FRIED RICE</b><br>Ginger Stir Fry Vegetables<br>Kiwi<br><b>SALAD BAR</b>                             | <b>10</b><br><b>CHICKEN SANDWICH</b><br><b>INTERNATIONAL CUISINE</b><br><b>KUNG PAO CHICKEN VEGETABLE EGG ROLL RICE</b><br>Roasted Cauliflower w/ Soy Sauce<br>Apple<br><b>SALAD BAR</b>   | <b>11</b><br><b>"BRUNCH FOR LUNCH"</b><br>French Toast<br>Chicken Sausage<br><b>INTERNATIONAL CUISINE</b><br><b>GENERAL TSO CHICKEN FRIED RICE</b><br>Hash Brown Patty<br>Cantaloupe<br><b>SALAD BAR</b>                      | <b>12</b><br><b>CHICKEN CAESAR SALAD</b><br>Breadstick<br><b>INTERNATIONAL CUISINE</b><br><b>KOREAN BBQ BEEF VEGETABLE EGG ROLL RICE</b><br>Roasted Sweet Potatoes<br>Strawberries<br><b>SALAD BAR</b><br>School Made Chocolate Chip Cookie | <b>13</b><br><b>PIZZA</b><br>Choice of - Cheese or Turkey Pepperoni<br><b>INTERNATIONAL CUISINE</b><br><b>SWEET AND SOUR CHICKEN FRIED RICE</b><br>Buttered Corn<br>Oranges<br><b>SALAD BAR</b>                              |
| <b>16</b><br><b>MACARONI AND CHEESE CHIPOTLE PULLED PORK</b><br><b>INTERNATIONAL CUISINE</b><br><b>BEEF OR REFRIED BEAN TACO SOUTHWEST RICE</b><br>Potato Crunch Broccoli<br>Grapes<br><b>SALAD BAR</b> | <b>17</b><br><b>BEEF MEATBALL SUB</b><br><b>INTERNATIONAL CUISINE</b><br><b>CHICKEN OR SOUTHWEST BEAN BURRITO BOWL CILANTRO LIME RICE</b><br>Oven Baked Fries<br>Orange<br><b>SALAD BAR</b>  | <b>18</b><br><b>BREADED CHICKEN DRUMSTICK</b><br>School Made Dinner Roll<br><b>INTERNATIONAL CUISINE</b><br><b>CHEESE TAMALES REFRIED BEANS SOUTHWEST RICE</b><br>Mashed Potatoes and Gravy<br>Cantaloupe<br><b>SALAD BAR</b> | <b>19</b><br><b>BEEF BBQ RIB SANDWICH</b><br><b>INTERNATIONAL CUISINE</b><br><b>CHICKEN OR REFRIED BEAN TACO SOUTHWEST RICE</b><br>Savory Green Beans and Onions<br>Watermelon<br><b>SALAD BAR</b>  | <b>20</b><br><b>ITALIAN DUNKER</b><br>Cheese Bread and Marinara Sauce<br><b>INTERNATIONAL CUISINE</b><br><b>BEEF OR SOUTHWEST BEAN BURRITO BOWL CILANTRO LIME RICE</b><br>Honey Roasted Carrots<br>Apple<br><b>SALAD BAR</b> |
| <b>23</b><br><b>TURKEY CORN DOG</b><br><b>INTERNATIONAL CUISINE</b><br><b>PENNE ALFREDO W/ ITALIAN CHICKEN SAUSAGE</b><br>California Blend Vegetables<br>Apple<br><b>SALAD BAR</b>                      | <b>24</b><br><b>BBQ PULLED PORK SANDWICH</b><br><b>INTERNATIONAL CUISINE</b><br><b>ROTINI AND BEEF MEAT SAUCE BREADSTICK</b><br>Roasted Zucchini w/ herbs<br>Orange<br><b>SALAD BAR</b>  | <b>25</b><br><b>CHICKEN TENDERS</b><br>School Made Dinner Roll<br><b>INTERNATIONAL CUISINE</b><br><b>CHEESE OR TURKEY PEPPERONI PIZZA</b><br>Mashed Potatoes w/ Gravy<br>Honeydew<br><b>SALAD BAR</b>                         | <b>26</b><br><b>TOASTED CHEESE SANDWICH TOMATO SOUP</b><br><b>INTERNATIONAL CUISINE</b><br><b>ROTINI AND BEEF MEATBALLS IN MARINARA SAUCE BREADSTICK</b><br>Roasted Broccoli<br>Pineapple<br><b>SALAD BAR</b><br>School Made Brownie        | <b>27</b><br><b>BEEF CHEESEBURGER</b><br><b>INTERNATIONAL CUISINE</b><br><b>PENNE ALFREDO W/ CHICKEN</b><br>Baked Sweet Potato Fries<br>Grapes<br><b>SALAD BAR</b>   |
| <b>30</b><br><b>BEEF HOTDOG</b><br>Baked Beans<br><b>INTERNATIONAL CUISINE</b><br><b>ORANGE CHICKEN FRIED RICE</b><br>Ginger Stir Fry Vegetables<br>Kiwi<br><b>SALAD BAR</b>                            | <b>OFFERED DAILY</b><br>Peanut Butter or Sun Butter and Jelly sandwich with a cheese stick<br><b>Grab-N-Go Line-</b><br>Assorted Salads, Sandwiches, and Yogurt Parfaits.<br><b>Ala Carte</b><br>Items will be offered daily at an additional cost.<br><i>This institution is an equal opportunity provider.</i> |   |   |  |