



# 4 Day Middle School Dish Up Lunch Menu

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You may pay for meals online at no extra cost, by visiting [www.MySchoolBucks.com](http://www.MySchoolBucks.com). Menu Subject to Change.

V = Meatless Option

Our milk varieties include 1% low fat & fat-free choices.

Nutritious seasonal fresh & cupped fruit served daily.

We offer a variety of vitamin and mineral rich vegetables.

We use heart healthy whole grain breads and rice.

\*All Menus are subject to change.\*

MONDAY	"TASTE IT" TUESDAY	"WELLNESS" WEDNESDAY	THURSDAY	FRIDAY
	1 Cheeseburger Sliders or Grilled Cheese Sandwich V Campfire Baked Beans ½ cup Green Beans ½ cup 100% Fruit Juice Milk	2 Crispy Chicken Filet Sandwich w/bun or Bean & Cheese Burrito V Baby Carrots w/Ranch Peaches Milk	3 Cheese Pizza V or Grilled Cheese Sandwich V Green Salad w/Ranch 100% Fruit Juice Tortilla Chips Milk	
7 Hamburger w/bun or Bean & Cheese Burrito V Baked Fries ½ cup Carrot Coins ½ cup Pineapple Cup Milk	8 BBQ Pulled Pork Sandwich w/bun or Grilled Cheese Sandwich V Fiesta Beans ¾ cup 100% Fruit Juice Tortilla Chips Milk	9 Mesquite Chicken Drumsticks (2 each) & Dinner Roll or Bean & Cheese Burrito V Green Beans ½ cup Creamy Mashed Potatoes ½ cup Craisins Celebration Cookie Milk	10 Pepperoni Pizza (contains pork) or Grilled Cheese Sandwich V Green Salad w/Ranch 100% Fruit Juice Goldfish Crackers Milk	
14 Chicken Nuggets or Bean & Cheese Burrito V Baked Fries ½ cup Fiesta Beans ½ cup Raisels Milk	15 Cheeseburger w/bun or Grilled Cheese Sandwich V Baby Carrots w/Ranch 100% Fruit Juice Elf Graham Crackers Milk	16 Hot Ham & Cheese Sandwich w/bun or Bean & Cheese Burrito V Green Beans ¾ cup Pineapple String Cheese Milk	17 Cheese Pizza V or Grilled Cheese Sandwich V Green Salad w/Ranch 100% Fruit Juice Goldfish Crackers Milk	
21 Breaded Chicken Drumsticks (2 each) & Dinner Roll or Bean & Cheese Burrito V Creamy Mashed Potatoes ½ cup Campfire Baked Beans ½ cup Raisels Milk	22 Chicken Tenders (3 piece) or Grilled Cheese Sandwich V Baby Carrots w/Ranch 100% Fruit Juice Goldfish Crackers Milk	23 Hamburger w/bun or Bean & Cheese Burrito V Green Beans ¾ cup Peaches Milk	24 Pepperoni Pizza (contains pork) or Grilled Cheese Sandwich V Green Salad w/Ranch 100% Fruit Juice Tortilla Chips Milk	



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