

Q - Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>BEEF TACOS BEEF EMPANADA CHEDDAR CHEESE SAUCE LETTUCE AND TOMATO SALAD SPANISH RICE FRESH HOMEMADE SALSA BLACK BEAN SOUP FRUIT VARIETY SALAD BAR SALAR BAR MEATS SALAR BAR MEATS SALAD BAR VEGETABLES SALAD BAR FRUIT VARIETY CROUTONS, WG, SEASONED SALAD DRESS, RANCH, LITECUP CRACKERS, SALTINES, WG SALAD DRESSING, CAESAR, RF WG DINNER ROLL GROUP- ALL LINES MILK- LOWFAT VARIETY TAJIN FRUIT SEASONING, LOW SOD</p> <p style="text-align: center;">View Nutrients</p>	<p>2</p> <p>SALISBURY STEAK & GRAVY CHICKEN NUGGETS, DK, WG HONEY CORNBREAD MUFFIN CREAMY MASHED POTATOES BROWN GRAVY BROCCOLI & CHEESE FRUIT VARIETY SALAD BAR SALAR BAR MEATS CHICKEN SALAD CROISSANT SALAD BAR VEGETABLES-BEAN SALAD BAR FRUIT VARIETY CROUTONS, WG, SEASONED SALAD DRESS, RANCH, LITECUP SALAD DRESSING, CAESAR, RF GARLIC WG BREADSTICK GROUP- ALL LINES MILK- LOWFAT VARIETY</p> <p style="text-align: center;">View Nutrients</p>
<p>5</p> <p>PEPPERONI PIZZA TURKEY, HAM, CHEESE HOAGIE CHICKEN BURGER W/CHEESE FRENCH FRIES Burger Salad KETCHUP JALAPENO MUSTARD MAYONNAISE, RED CAL., PC FRUIT VARIETY SALAD BAR SALAR BAR- MEATS SALAD BAR VEGETABLES SALAD BAR FRUIT VARIETY CROUTONS, WG, SEASONED SHREDDED CHEDDAR CHEESE GARLIC WG BREADSTICK SALAD DRESS, RANCH, LITECUP CRACKERS, SALTINES, WG SALAD DRESSING, CAESAR, RF GROUP- ALL LINES MILK- LOWFAT VARIETY TAJIN FRUIT SEASONING, LOW SOD</p> <p style="text-align: center;">View Nutrients</p>	<p>6</p> <p>CHICKEN NUGGETS, DK, WG COUNTRY FRIED STEAK PEPPERED CREAM GRAVY WG DINNER ROLL BBQ BEEF SANDWICH SWEET GOLDEN CORN BAKED SWEET POTATO WHIPPED BUTTER CUP BBQ Sauce FRUIT VARIETY SALAD BAR SALAR BAR MEATS TUNA SALAD SANDWICH &PRETZEL SALAD BAR VEGETABLES -B SALAD BAR FRUIT VARIETY CROUTONS, WG, SEASONED SALAD DRESS, RANCH, LITECUP SHREDDED CHEDDAR CHEESE SALAD DRESSING, CAESAR, RF GARLIC WG BREADSTICK GROUP- ALL LINES MILK- LOWFAT VARIETY TAJIN FRUIT SEASONING, LOW SOD</p> <p style="text-align: center;">View Nutrients</p>	<p>7</p> <p>CHEESE ENCHILADAS CHICKEN TOSTADAS TAMALES, CHICKEN, RODRIGUEZ LETTUCE AND TOMATO SALAD FRESH HOMEMADE SALSA SPANISH RICE SEASONED PINTO BEANS FRUIT VARIETY SALAD BAR SALAR BAR MEATS SALAR BAR MEATS SALAD BAR VEGETABLES SALAD BAR FRUIT VARIETY CROUTONS, WG, SEASONED SALAD DRESS, RANCH, LITECUP CRACKERS, SALTINES, WG SALAD DRESSING, CAESAR, RF WG DINNER ROLL GROUP- ALL LINES MILK- LOWFAT VARIETY TAJIN FRUIT SEASONING, LOW SOD</p> <p style="text-align: center;">View Nutrients</p>	<p>8</p> <p>OVEN BAKED FRIED CHICKEN MEATLOAF WG CHICKEN TENDERS HONEY CORNBREAD MUFFIN CREAMY MASHED POTATOES BROWN GRAVY GREEN BEANS BBQ Sauce FRUIT VARIETY SALAD BAR SALAR BAR MEATS CHICKEN SALAD CROISSANT SALAD BAR VEGETABLES-BEAN SALAD BAR FRUIT VARIETY CROUTONS, WG, SEASONED SALAD DRESS, RANCH, LITECUP SALAD DRESSING, CAESAR, RF GARLIC WG BREADSTICK GROUP- ALL LINES MILK- LOWFAT VARIETY TAJIN FRUIT SEASONING, LOW SOD</p> <p style="text-align: center;">View Nutrients</p>	<p>9</p> <p>PEPPERONI PIZZA, WG HOT DOG CHILE CON CARNE MEATY NACHOS CUCUMBERS & CELERY STICKS TOSSED SIDE SALAD MUSTARD RANCH DRESSING FRUIT VARIETY SALAD BAR SALAR BAR MEATS SALAD BAR VEGETABLES -B SALAD BAR FRUIT VARIETY WG DINNER ROLL SHREDDED CHEDDAR CHEESE CROUTONS, WG, SEASONED SALAD DRESS, RANCH, LITECUP SALAD DRESSING, CAESAR, RF GROUP- ALL LINES MILK- LOWFAT VARIETY TAJIN FRUIT SEASONING, LOW SOD</p> <p style="text-align: center;">View Nutrients</p>
12	13	14	15	16

<p>CHEESEBURGER WG CORNDOG PEPPERONI PIZZA SWEET POTATO PUFFS Burger Salad KETCHUP MUSTARD WG GRILLED ONION RINGS FRUIT VARIETY SALAD BAR SALAR BAR- MEATS SALAD BAR VEGETABLES SALAD BAR FRUIT VARIETY CROUTONS, WG,SEASONED SALAD DRESS,RANCH,LITECUP SALAD DRESSING,CAESAR,RF SOFT PRETZEL GROUP- ALL LINES MILK- LOWFAT VARIETY TAJIN FRUIT SEASONING, LOW SOD</p> <p>View Nutrients</p>	<p>CHICKEN MOLE CARNE GUISTADA CORN TORTILLAS TAMALES,CHICKEN/CHEESE, SOPA DE FIDEO CHARRO BEANS PICO DE GALLO LETTUCE AND TOMATO SALAD FRUIT VARIETY SALAD BAR SALAR BAR MEATS SALAR BAR MEATS SALAR BAR MEATS SALAR BAR VEGETABLES SALAD BAR FRUIT VARIETY SHREDDED CHEDDAR CHEESE CRACKERS, SALTINES, WG CROUTONS, WG,SEASONED SALAD DRESS,RANCH,LITECUP SALAD DRESSING,CAESAR,RF WG DINNER ROLL GROUP- ALL LINES MILK- LOWFAT VARIETY TAJIN FRUIT SEASONING, LOW SOD</p> <p>View Nutrients</p>	<p>TORTA DE TERNERA ABC SHAPED NUGGETS GRILLED CHICKEN BURGER LETTUCE AND TOMATO SALAD FRENCH FRIES SOUR CREAM DAISY JALAPENO KETCHUP MUSTARD MAYONNAISE, RED CAL., PC FRUIT VARIETY SALAD BAR SALAR BAR MEATS CHICKEN SALAD CROISSANT SALAD BAR VEGETABLES-BEAN SALAD BAR FRUIT VARIETY BAKED POTATO WHIPPED BUTTER CUP GARLIC WG BREADSTICK SALAD DRESS,RANCH,LITECUP GROUP- ALL LINES MILK- LOWFAT VARIETY TAJIN FRUIT SEASONING, LOW SOD</p> <p>View Nutrients</p>	<p>SALISBURY STEAK & GRAVY TURKEY & GRAVY WG DINNER ROLL CREAMY MASHED POTATOES BROWN GRAVY GREEN BEANS CORNBREAD STUFFING FRUIT VARIETY SALAD BAR SALAR BAR MEATS CHICKEN SALAD CROISSANT SALAD BAR VEGETABLES-BEAN SALAD BAR FRUIT VARIETY CROUTONS, WG,SEASONED SALAD DRESS,RANCH,LITECUP SALAD DRESSING,CAESAR,RF GARLIC WG BREADSTICK GROUP- ALL LINES MILK- LOWFAT VARIETY APPLE CRISP&WHIP TOPPING</p> <p>View Nutrients</p>	<p>BAKED STEAK FINGERS PEPPERED CREAM GRAVY WG CHEESE PIZZA CHICKEN BURGER W/CHEESE FRENCH FRIES KETCHUP Burger Salad FRUIT VARIETY SALAD BAR SALAR BAR MEATS SALAD BAR VEGETABLES -B SALAD BAR FRUIT VARIETY GARLIC WG BREADSTICK CROUTONS, WG,SEASONED SALAD DRESS,RANCH,LITECUP SALAD DRESSING,CAESAR,RF GROUP- ALL LINES MILK- LOWFAT VARIETY TAJIN FRUIT SEASONING, LOW SOD</p> <p>View Nutrients</p>
<p>19 DISTRICT HOLIDAY</p>	<p>20 DISTRICT HOLIDAY</p>	<p>21 DISTRICT HOLIDAY</p>	<p>22 DISTRICT HOLIDAY</p>	<p>23 DISTRICT HOLIDAY</p>
<p>26 WG CORNDOG CHEESEBURGER PEPPERONI PIZZA FRENCH FRIES Burger Salad KETCHUP JALAPENO MUSTARD MAYONNAISE, RED CAL., PC FRUIT VARIETY SALAD BAR SALAR BAR- MEATS SALAD BAR VEGETABLES SALAD BAR FRUIT VARIETY CROUTONS, WG,SEASONED SHREDDED CHEDDAR CHEESE GARLIC WG BREADSTICK SALAD DRESS,RANCH,LITECUP CRACKERS, SALTINES, WG SALAD DRESSING,CAESAR,RF GROUP- ALL LINES MILK- LOWFAT VARIETY TAJIN FRUIT SEASONING, LOW SOD</p> <p>View Nutrients</p>	<p>27 WG CRISPY CHICKEN TENDER & WG DINNER ROLL GRILLED CHICKEN BURGER WG GRILLED ONION RINGS SWEET POTATO PUFFS TURKEY,HAM,CHEESE HOAGIE MUSTARD KETCHUP MAYONNAISE, RED CAL., PC FRUIT VARIETY SALAD BAR SALAR BAR MEATS TUNA SALAD SANDWICH &PRETZEL SALAD BAR VEGETABLES -B SALAD BAR FRUIT VARIETY CROUTONS, WG,SEASONED SALAD DRESS,RANCH,LITECUP SHREDDED CHEDDAR CHEESE SALAD DRESSING,CAESAR,RF GARLIC WG BREADSTICK GROUP- ALL LINES MILK- LOWFAT VARIETY TAJIN FRUIT SEASONING, LOW SOD</p> <p>View Nutrients</p>	<p>28 BAKED STEAK FINGERS PEPPERED CREAM GRAVY SHAPED CHICKEN NUGGETS BBQ Sauce WG DINNER ROLL CARROT COINS CREAMY MASHED POTATOES BROWN GRAVY FRUIT VARIETY SALAD BAR SALAR BAR MEATS CHICKEN SALAD CROISSANT SALAD BAR VEGETABLES-BEAN SALAD BAR FRUIT VARIETY CROUTONS, WG,SEASONED SALAD DRESS,RANCH,LITECUP DRESSING,CAESAR,RF GROUP- ALL LINES MILK- LOWFAT VARIETY ICE-CREAM,LF,SPOOKY SUNDAE,</p> <p>View Nutrients</p>	<p>29 BEEF TACOS BEEF EMPANADA CHEDDAR CHEESE SAUCE LETTUCE AND TOMATO SALAD SPANISH RICE FRESH HOMEMADE SALSA BLACK BEAN SOUP FRUIT VARIETY SALAD BAR SALAR BAR MEATS SALAR BAR MEATS SALAR BAR MEATS SALAR BAR MEATS VEGETABLES SALAD BAR FRUIT VARIETY CROUTONS, WG,SEASONED SALAD DRESS,RANCH,LITECUP CRACKERS, SALTINES, WG SALAD DRESSING,CAESAR,RF WG DINNER ROLL GROUP- ALL LINES MILK- LOWFAT VARIETY TAJIN FRUIT SEASONING, LOW SOD</p> <p>View Nutrients</p>	<p>30 SALISBURY STEAK & GRAVY CHICKEN,DRUMSTICKS,GLAZED HONEY CORNBREAD MUFFIN CREAMY MASHED POTATOES BROWN GRAVY BBQ Sauce FRUIT VARIETY BROCCOLI & CHEESE SALAD BAR SALAR BAR MEATS CHICKEN SALAD CROISSANT SALAD BAR VEGETABLES-BEAN SALAD BAR FRUIT VARIETY CROUTONS, WG,SEASONED SALAD DRESS,RANCH,LITECUP SALAD DRESSING,CAESAR,RF GARLIC WG BREADSTICK GROUP- ALL LINES MILK- LOWFAT VARIETY</p> <p>View Nutrients</p>