

August/September  
2023



Middle School Lunch Menu

**What is a Meal?**  
You must choose at least 3 of the 5 components available for the school lunch price.  
**A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.**

Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk

**Weekly Vegetable Subgroups May Include:**  
Dark Green - spinach, broccoli, romaine and spring salad  
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers  
Legumes - beans and peas  
Starchy - potatoes, corn, peas & lima beans  
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

**Daily Fruit Selections May Include:**  
Oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**Leave Your Lunch at Home**  
Daily entrée options include:  
Cheese Burger on a Bun  
Chicken Patty on a Bun  
Spicy Chicken Patty on a Bun  
Cheese or Pepperoni Pizza  
Specialty Pizza

**Chef Fresh**  
Assorted Salads, Sandwiches, Wraps and Hoagies available as grab and go options.

To add funds to your child's account, please visit:  
[SCHOOLCAFE.COM](http://SCHOOLCAFE.COM)

**\*\*Menu subject to change due to product availability\*\***

**Lunch Prices**  
Student \$2.65  
Reduced \$0.00  
Adult \$4.00

General Manager  
Tracy Drank  
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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
			8/24/23	8/25/23
			Chicken Fingers with Pretzel Stick	Cheese Filled Breadsticks Marinara Dipping Sauce
			Featured Veggies: Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk
8/28/23	8/29/23	8/30/23	8/31/23	9/1/23
Pulled Pork Sandwich	Walking Tacos with Chips	Sesame Chicken Steamed Rice	Pierogies Dinner Roll	French Bread Pizza
Featured Veggies: Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	Featured Veggies: Seasoned Corn Fresh Vegetables Choice of Fruit Choice of Milk	Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	Featured Veggies: Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
9/4/23	9/5/23	9/6/23	9/7/23	9/8/23
NO SCHOOL LABOR DAY	Soft Shell Tacos Topping Bar	Jacked up Fries Baked French Fries with Buffalo Chicken	Chicken Fingers Dinner Roll	French Bread Pizza
	Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	Featured Veggies: Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk
9/11/23	9/12/23	9/13/23	9/14/23	9/15/23
Pepperoni Pizza Filled Breadsticks	Nacho Grande Topping Bar	Meatball Hoagie	Popcorn Chicken Bowl Dinner Roll	1/2 Day Bacon Cheeseburger
Featured Veggies: Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	Featured Veggies: Seasoned Corn Fresh Vegetables Choice of Fruit Choice of Milk	Featured Veggies: Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk
9/18/23	9/19/23	9/20/23	9/21/23	9/22/23
General Tso Chicken Steamed Rice	Walking Tacos with Chips	Cheese Ravioli Marinara Sauce Garlic Bread Stick	Breakfast for Lunch French Toast Sticks Breakfast Sausage	Cheese Filled Breadsticks Marinara Dipping Sauce
Featured Veggies: Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	Featured Veggies: Steamed Green beans Fresh Vegetables Choice of Fruit Choice of Milk	Featured Veggies: Tater Tots Fresh Vegetables Choice of Fruit Choice of Milk	Featured Veggies: Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
9/25/23	9/26/23	9/27/23	9/28/23	9/29/23
Chicken Fingers Pretzel Stick	Soft Shell Tacos Topping Bar	Corn Dog on a Stick	Mountaineer Hoagie	1/2 Day Bacon Cheeseburger
Featured Veggies: Pea & Carrot Medley Fresh Vegetables Choice of Fruit Choice of Milk	Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	Featured Veggies: Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk