

November  
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\*\***

Monday	Tuesday	Wednesday	Thursday	Friday
		11/1/23 Walking Tacos with Chips  Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	11/2/23 Bacon Cheeseburger On a Bun  Featured Veggies: Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	11/3/23 Chicken Fingers with Pretzel Stick  Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk
11/6/23 Pulled Pork Sandwich  Featured Veggies: Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	11/7/23 Walking Tacos with Chips  Featured Veggies: Seasoned Corn Fresh Vegetables Choice of Fruit Choice of Milk	11/8/23 Sesame Chicken Steamed Rice  Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	11/9/23 Pierogies Dinner Roll  Featured Veggies: Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	11/10/23 NO SCHOOL
11/13/23 Corn Dog on a Stick  Featured Veggies: Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	11/14/23 Soft Shell Tacos Topping Bar  Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	11/15/23 Jacked up Fries Baked French Fries with Buffalo Chicken  Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	11/16/23 Thanksgiving Dinner Roasted Turkey Stuffing & Gravy Dinner Roll  Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	11/17/23 French Bread Pizza  Featured Veggies: Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk
11/20/23 Pepperoni Pizza Filled Breadsticks  Featured Veggies: Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	11/21/23 Nacho Grande Topping Bar  Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	11/22/23 <b>1/2 Day</b> Bacon Cheeseburger  Featured Veggies: Buttered Carrots Fresh Vegetables Choice of Fruit Choice of Milk	11/23/23 <b>NO SCHOOL THANKSGIVING BREAK</b>	11/24/23 <b>NO SCHOOL THANKSGIVING BREAK</b>
11/27/23 <b>NO SCHOOL THANKSGIVING BREAK</b>	11/28/23 Walking Tacos with Chips  Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	11/29/23 Mountaineer Hoagie  Featured Veggies: Baked French Fries Fresh Vegetables Choice of Fruit Choice of Milk	11/30/23 General Tso Chicken Steamed Rice  Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	

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

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