

March-April
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 may include:
Cheese Burger on a Bun
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

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

Lunch Prices
Student \$2.65
Reduced \$.40
Adult \$3.60

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

Monday	Tuesday	Wednesday	Thursday	Friday
3/27/23 Chicken Fingers with Pretzel Stick or Turkey & Cheese Hoagie Featured Veggies: Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	3/28/23 Cheese & Chicken Quesadilla <small>New Item</small> or Turkey & Cheese Hoagie Featured Veggies: Seasoned Corn Fresh Vegetables Choice of Fruit Choice of Milk	3/29/23 Cheese Ravioli Garlic Bread Stick or Turkey & Cheese Hoagie Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	3/30/23 Corn Dog on a Stick or Turkey & Cheese Hoagie Featured Veggies: Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	3/31/23 Macaroni & Cheese or Turkey & Cheese Hoagie Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk
4/3/23 Cheese Filled Breadsticks With Marinara Sauce or Italian Hoagie Featured Veggies: Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	4/4/23 Walking Tacos with Tortilla Chips or Italian Hoagie Featured Veggies: Seasoned Corn Fresh Vegetables Choice of Fruit Choice of Milk	4/5/23 ACT 80 1/2 DAY Cheeseburger on a Bun Featured Veggies: Fresh Vegetables Choice of Fruit Choice of Milk	4/6/23 EASTER BREAK NO SCHOOL	4/7/23 EASTER BREAK NO SCHOOL
4/10/23 EASTER BREAK NO SCHOOL	4/11/23 Chicken Parmesan Sandwich or Ham & Cheese Hoagie Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	4/12/23 BBQ Pulled Pork Sandwich or Ham & Cheese Hoagie Featured Veggies: Seasoned Corn Fresh Vegetables Choice of Fruit Choice of Milk	4/13/23 Breakfast for Lunch Mini Pancakes Sausage Patty or Ham & Cheese Hoagie Featured Veggies: Tater Tots Fresh Vegetables Choice of Fruit Choice of Milk	4/14/23 French Bread Pizza or Ham & Cheese Hoagie Featured Veggies: Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk
4/17/23 Pepperoni Pizza Filled Breadsticks or Turkey & Cheese Hoagie Featured Veggies: Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	4/18/23 Sesame Chicken Steamed Rice or Turkey & Cheese Hoagie Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	4/19/23 Hot Dog on a Bun or Turkey & Cheese Hoagie Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	4/20/23 Mountaineer Hoagie on a Roll or Turkey & Cheese Hoagie Featured Veggies: Seasoned Corn Fresh Vegetables Choice of Fruit Choice of Milk	4/21/23 Pierogies with Dinner Roll or Turkey & Cheese Hoagie Featured Veggies: Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk
4/24/23 Corn Dog on a Stick or Italian Hoagie Featured Veggies: Green Beans Celery Sticks Choice of Fruit Choice of Milk	4/25/23 Bacon Cheeseburger on a Bun or Italian Hoagie Featured Veggies: Seasoned Corn Celery Sticks Choice of Fruit Choice of Milk	4/26/23 Texas Toast Grilled Cheese Tomato Soup or Italian Hoagie Featured Veggies: Steamed Peas Baby Carrots Choice of Fruit Choice of Milk	4/27/23 Cheese Filled Breadsticks With Marinara Sauce or Italian Hoagie Featured Veggies: Mixed Vegetables Cucumber Slices Choice of Fruit Choice of Milk	4/28/23 French Bread Pizza or Italian Hoagie Featured Veggies: Steamed Carrots Cucumber Slices Choice of Fruit Choice of Milk