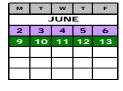
Money in your account helps speed up lines and leaves more time to socialize Cafeteria Legend Follow the calendar color key to our lunch menu. NO LUNCH!

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Middle School Lunch Menu September 2013 to January 2014

	Student Lunch \$2.50 Reduced Lunch \$.40					
	DAILY FEATURE A					
Monday	Pasta w/Spag. Sauce▼, Meatballs, Pears, Baby Carrots,					
	Sl. Cucumber, WW Roll, Caesar Salad					
Tuesday	Popcorn Chicken w/Dip Sauce w/WW Roll, Broccoli					
	w/dip, Pineapple Chunks					
Wednesday	Hot Roast Beef & Provolone Cheese on Kaiser, Mashed					
	Potatoes, Peas, Fresh Apple					
Thursday	Soft Taco w/ Cheese, Tomato, Lettuce, Salsa, Black					
	Bean Salad, Carrot Sticks, Fresh Grapes					
Friday	Mickey's Pizza 🔻 , Green Beans, Tossed Salad, Orange					
	Smiles					

DAILY FEATURE A

Monday	WW French Toast ▼w/ Sausage Patty, Fresh Pears,	
	Potato Puffs, Sliced Cucumber	
Tuesday	Meatball Sandwich on a WW Roll, Potato Wedges,	
	Broccoli w/dip, Applesauce	
Wednesday	Chicken Tenders w/Dipping Sauce, Baked Beans, Peaches	
	in Juice, WW Roll	
Thursday	Baked Ziti w/ Sausage Meat Sauce, Caesar Salad,	
	Carrot Sticks, Mixed Fruit, WW Roll	
Friday	Individual Round WG Pizza▼, Seasoned Green Beans,	
	Tossed Salad, Apple Slices	

DAILY FEATURE

Monday	Klux Delux Chicken Breast Sandwich on Bun, Pears, Baby
	Carrots, Sliced Cucumber
Tuesday	Toasted Cheese Sandwich, Tomato Soup, Broccoli w/Dip,
	Orange Smiles
Wednesday	Chicken Chunks w/WW Roll, Black Bean Salad, Potato
	Puffs, Fresh Apple
Thursday	Soft Taco w/Cheese, Tomato, Lettuce, Salsa, Roasted
	Corn, Carrot Sticks, Grapes
Friday	Pizza Dippers w/Marinara Sauce, Green Beans, Tossed
	Salad, Apple Slices
	DAILY FEATURE A

Cheese Breadsticks ▼ w/ Marinara Sauce, Baby Monday Carrots, Sliced Cucumber, Apple Slices Cheese steak on a Sub Roll, Potato Wedge, Broccoli Tuesday w/dip, Applesauce Oven Baked Breaded Chicken w/WW Roll, Mashed Wednesday Potatoes, Carrot Sticks, Mixed Fruit Baked Potato w/Broccoli, Cheese, ▼ Beef w/WW Roll, Thursday Baked Beans, Peaches in Juice Tony's 6" French Bread Pizza ▼, Seasoned Green Beans Friday Tossed Salad, Fresh Banana

Adult Lunch \$3.95 Weekly Specials on The Grill

Monday Chicken Patty on WW Bun BBQ Grilled Chicken/Kaiser Roll Cheeseburger on a Bun

Tuesday Chicken Patty on WW Bun Cheeseburger on a Bun

Wednesday Chicken Patty on WW Bun BBQ Pork Rib/Kaiser Roll Cheeseburger on a Bun

Thursday Chicken Patty on WW Bun Cheeseburger on a Bun

Friday Chicken Patty on a WW Bun Veggie Burger ▼/Kaiser Roll Cheeseburger on a Bun

Weekly Wrap Specials

Tuesday Buffalo Chicken Wrap

Thursday Turkey & Bacon Wrap

Weekly Specials

Served Daily Salad Bar Mickey's Pizza PBJ on Wheat

Notes about our Menu

• Milk is available with each meal: 1% White, Non-Fat White or Non-Fat Chocolate • A minimum of 1 Fresh Fruit & 1 Fresh Veg are available with each meal, as well as 4oz Apple and Grape Juice

WW = Whole Wheat, WG = Whole Grain ▼ = VEGETARIAN

Middle School Breakfast Meal \$1.35 Four Items:

CAFETERIA ACCOUNT

Please include your child's name and pin #

with all pre-payments. You may also pay online

at www.paypams.com. FREE registration

(\$1.95 fee for online deposits)

1. Bread 2. Protein 3. Fruit 4. Milk items to count as a Meal. You may take two breads or one bread and one protein \underline{and} one fruit \underline{and} one milk.

Choose One Entrée (Bread), (Protein) Bagel Lg Muffin 1 Cereal & 1 Sm Muffin French Toast Sticks & Sausage

Choose One Fruit (Fruit)

Fresh Fruit 4oz 100% Fruit Juice

> <u>Choose One</u> (8oz Milk)

Middle School Lunch Meal \$2.50 Five Items:

1. Protein 2. Bread 3. Fruit 4. Vegetable 5. Milk You may take all four items, but must take at least three You may take all five items, but must take at least three items , with one of the three items being a fruit or vegetable to count as a lunch. Entrée's usually count as two items (Protein, Bread).

> Choose One Entree: (Protein, Bread)

Choose up to Three: (choose 1 Fruit & up to 2 Vegetables)

<u>Choose One:</u> (1% white, skim white & non-fat chocolate milk)