

Middle School Lunch Menu

September 2013 to January 2014

Student Lunch \$2.50 Reduced Lunch \$.40 Adult Lunch \$3.95

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!

M	T	W	T	F
SEPT				
	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

M	T	W	T	F
OCT				
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M	T	W	T	F
NOV				
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M	T	W	T	F
DEC				
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30	31			

M	T	W	T	F
JAN				
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M	T	W	T	F
FEB				
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M	T	W	T	F
MARCH				
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31				

M	T	W	T	F
APRIL				
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M	T	W	T	F
MAY				
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26	27	28	29	30

M	T	W	T	F
JUNE				
2	3	4	5	6
9	10	11	12	13

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

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	

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)

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:
1. Bread 2. Protein 3. Fruit 4. Milk
You may take all four items, but must take at least three items to count as a Meal. You may take two breads or one bread and one protein and one fruit 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

Choose One (8oz Milk)

Middle School Lunch Meal \$2.50

Five Items:
1. Protein 2. Bread 3. Fruit 4. Vegetable 5. Milk
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)

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

