

Middle School Lunch Menu

The Child Nutrition Department is critical in establishing a healthy school nutrition environment to promote optimum health. Our Child Nutrition employees follow essential worker protocols set by the CDC

Monday, April 1	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5
1. Pizza See List 2. Honey Sriracha chicken 17g, Midori 9.3g, brown rice 17.5g 3. Pizza Crunchers 41.9g Pineapple 16.6g	1. Pizza See List 2. Beef fingers 16g, mashed potatoes 18.2g, gravy 6g, hot roll 22.5g, 3. Turkey Ranch Wrap 29g, chips 39.7g Pears 18.9g	1. Pizza See List 2. Burrito 23.4g, churro beans 28g 3. Popcorn chicken 15g, hot roll 22.5g, potato wedge 15.2g Mixed Fruit 17.8g	1. Pizza See List 2. Mac & Cheese 26.5g, Cowboy Bread 29g, broccoli 4.4g 3. Hot dog 31g, waffle fries 22.5g Rosy applesauce 14.9g	Virtual Day
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
No School	1. Pizza See List 2. Beef Salisbury Steak 4g Gravy 5.9g, Mashed potatoes 18.2g Blueberry square 30.4g 3. Hot Ham & Cheese sandwich 30.4g Glazed Carrots 22.3g Strawberries 13.4g	1. Pizza See List 2. Taco Flatbread Pizza 48.6g, garnish, 3. Chicken tenders 16.6g, roll 22.5g, tots 14.1g black eyed peas 32.1g Mixed Fruit 17.8g	1. Pizza See List 2. Chicken Parmesan 11.6g, spaghetti 42.9g, garlic toast 15.6g, salad 1.5g 3. Hamburger 28g, cheeseburger 29g, tots 14.1g Fresh fruit	1. Pizza See List 2. Chicken fried steak 14g, mashed potatoes 18.2g, gravy 5.9g, roll 22.5g 3. Spicy Chicken Sandwich 19g, spiral fries 16.9g Peaches 18.1g
Monday, April 15	Tuesday, April 16	Wednesday, April 17	Thursday, April 18	Friday, April 19
1. Pizza See List 2. Cherry Blossom Chicken 33g, Midori 9.3g, brown rice 17.5g 3. Turkey & cheese sandwich 32.2g, chips 39.7g Roasted Broccoli 7.6g Pineapple 16.6g	1. Pizza See List 2. Chili 22g, mini cinnis 40g 3. Hot Dog 31g, tots 14.1g Pears 18.9g	1. Pizza See List , 2. Super nachos 25.2g, rice 19.8, black beans 22.6g 3. Chicken Schnitzel 30g Corn 21.3g Blueberries 21.3g	1. Pizza See List , 2. Chicken & Noodles 28g, mashed potatoes 18.2g, roll 22.5g 3. chef's choice Applesauce 15g	1. Pizza See List , 2. chef's choice 3. Chicken nuggets 16.3g, Roll 14g Carrots 8.7g Pears 18.9g
Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26
1. Pizza See List 2. Teriyaki Chicken 20.1g, brown rice 17.5g, stir fry veg 5.3g 3. Fish nuggets 23g, roll 22.5g, cole slaw 19.2g Mandarin oranges 20.1g	1. Pizza See List 2. Chicken Drumsticks 5.8g Gravy 3.3g, Mashed potatoes 18.2g, Carrots 8.7g Banana Bread 31.6g 3. pretzel burger 30g, baked beans 32.2g Strawberries 13.4g	1. Pizza See List 2. Soft taco 33g w/ garnish, black bean and corn salsa 29g 3. popcorn chicken, 15g crinkle fries 15.9g, roll 22.5g Mixed fruit 17.8g	1. Pizza See List 2. Spaghetti 34g w/ sauce 7.8g, Garlic Bread 15.6g, side salad 1.5g 3. Grilled Cheese 35g, marinara sauce 6.5g, tots 14.1g Fresh grapes 7.9g	1. Pizza See List 2. Chicken fried steak 14g, mashed potatoes 18.2g, gravy 5.9g, roll 22.5g 3. Stuffed bread stick 34g, marinara 6.5g Broccoli 4.3g Peaches 18.1g
Monday, April 29	Tuesday, April 30	Wednesday, May 1	Thursday, May 2	Friday, May 3
1. Pizza See List 2. Honey Sriracha chicken 17g, Midori 9.3g, brown rice 17.5g 3. Pizza Crunchers 41.9g Pineapple 16.6g	1. Pizza See List 2. Beef fingers 16g, mashed potatoes 18.2g, gravy 6g, hot roll 22.5g, 3. Turkey Ranch Wrap 29g, chips 39.7g Carrots 8.7g	1. Pizza See List 2. Burrito 23.4g, churro beans 28g 3. Popcorn chicken 15g, hot roll 22.5g, potato 20.2g Mandarin oranges 20.1g	1. Pizza See List 2. Mac & Cheese 26.5g, Cowboy Bread 29g, broccoli 4.4g 3. Hot dog 31g, waffle fries 22.5g Rosy applesauce 14.9g	No School

This institution is an equal opportunity provider and employer

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	Pears 18.9g			
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Daily Meals

- A variety of seasonal fruits and veggies are served daily. Apples, salad, baby carrots, and broccoli are offered most days.
- Students must choose 3 food groups, one being fruit or veggie to qualify for reimbursable meals per federal guidelines.
- Carb Counts are listed in [blue](#).
- Menus are subject to change without notice due to item availability and utilization at each school site.