

Jan - Feb

Middle School Lunch Menu 2018/2019

TOM

Monday		Tuesday		Wednesday		Thursday		Friday						
Cheese Sticks w/ <b>Mannara Sauce</b> 1/4 c 8 oz Yogurt & Yogurt Parfait w/ Granola & Wheat Roll	Steak Burger Relish Cup 1/2 c = 1/4 c Shaker Salad 2oz Breadstick	Ham #9089 Cold Sandwich or Wrap Nachos w/ Salsa 1/8 c Yogurt Soft Pretzel	Orange Chicken w/ Brown Rice 1/2 c 8 oz Yogurt & Yogurt Parfait w/ Granola Only	Flaquito Taco Sauce Shaker Salad Wheat Roll	Chicken Strips BBQ Sauce Specialty Burrito Taco Sauce Shaker Salad Yogurt	Chicken Patty Relish Cup 1/2 c = 1/4 c 8 oz Yogurt & Yogurt Parfait w/ Granola & 1 Grain Muffin	Pizza Special 4x6 Shaker Salad Banana Bread	Cheese Sticks w/ <b>Mannara Sauce</b> 1/4 c 8 oz Yogurt & Yogurt Parfait w/ Granola & Wheat Roll	Drumstick with Breadstick Shaker Salad 2oz Breadstick	Turkey & Gray w/ Mashed Potatoes Breadstick Shaker Salad Yogurt Soft Pretzel	Pepper Bellies Rice #X-16 Special Corn Chips Burrito #1222 Taco sauce Shaker Salad Wheat Roll	Chicken Strips BBQ Sauce Tamale Taco Sauce Shaker Salad Yogurt	Chicken Patty Relish Cup 1/2 c = 1/4 c 8 oz Yogurt & Yogurt Parfait w/ Granola & 1 Grain Muffin	Chicken Patty Relish Cup 1/2 c = 1/4 c Mini Cheese Burger Shaker Salad Chocolate Chip Muffin
Cucurber 1/2 c Peas & Carrots 1/2 c Diced Peas Condiments No School	4-Way Vegetable 1/2 c Diced Peaches 1/2 c Condiments	Cherry Tomatoes 1/4 c Refined Beans 1/2 c Frozen Fruit Cup 1/2 c Apricots #9031	Chilled Broccoli 1/2 c Cooked Carrots 1/2 c Banana 1/2 c	Celery 1/2 c Peanut Butter Cup Pinto Beans 1/2 c Diced Apricots 1/2 c Cookie #1092	Ovens Fries 1/2 c Relish Cup 1/2 c = 1/4 c (Tomato 1/8 c & Pickles 2 ea) Orange 1/2 c	Over Fries 1/2 c Relish Cup 1/2 c = 1/4 c (Tomato 1/8 c & Pickles 2 ea) Orange 1/2 c No School								
Cheese Sticks w/ <b>Mannara Sauce</b> 1/4 c 8 oz Yogurt & Yogurt Parfait w/ Granola & Wheat Roll	Steak Burger Relish Cup 1/2 c = 1/4 c Shaker Salad 2oz Breadstick	Nachos w/ Salsa 1/8 c Shaker Salad Yogurt Soft Pretzel	Asian Chicken Bowl Brown Rice 1/2 c Green Chili Quesadilla Taco Sauce Shaker Salad Wheat Roll	Chicken Strips BBQ Sauce Sandwich Wraps #1256 Shaker Salad Yogurt	Chicken Patty Relish Cup 1/2 c = 1/4 c 8 oz Yogurt & Yogurt Parfait w/ Granola & 1 Grain Muffin	Buns Buns Buns Buns								
Cauliflower 1/4 c w/ <b>Cherry Tomatoes</b> 1/4 c Spinach 1/4 c Applesauce 1/2 c	4-Way Salad 1 c = 1/2 c <b>Cherry Tomatoes</b> 1/4 c Refined Beans 1/2 c Fresh Specialty Fruit 1/2 c Kindi	Steamed Broccoli 1/2 c Jicama 1/4 c w/ <b>Cherry Tomatoes</b> 1/4 c Dried Fruit 1/2 c Raisins	Fruitables Juice 1/2 c Smile Potatoes 1/2 c Banana Chips Harvest Cheddar #1351	BBO Veggie Beans 1/2 c <b>Baby Carrots</b> 1/2 c Apple 1/2 c Condiments	BBO Veggie Beans 1/2 c <b>Baby Carrots</b> 1/2 c Apple 1/2 c Condiments	Buns Buns Buns Buns								
Cheese Sticks w/ <b>Mannara Sauce</b> 1/4 c 8 oz Yogurt & Yogurt Parfait w/ Granola & Wheat Roll	Honey Sriracha Shaker Salad Bonesees Wings w/ Breadstick 2oz Breadstick	#1263 Pizza Special 4" Round Shaker Salad Yogurt Soft Pretzel	Taco in a Bag Cheese 1/2 oz Burrito #1223 Taco Sauce Shaker Salad Wheat Roll	Chicken Strips BBQ Sauce Tamale Taco Sauce Shaker Salad Yogurt	Chicken Patty Relish Cup 1/2 c = 1/4 c 8 oz Yogurt & Yogurt Parfait w/ Granola & 1 Grain Muffin	Buns Buns Buns Buns								
Cucurber 1/2 c Fresh Winterblend 1/2 c Fruit Mix 1/2 c	Romaine Salad 1 c = 1/2 c w/ <b>Cherry Tomatoes</b> 1/4 c Corn 1/2 c Juice Cup Slushie 1/2 c	Half Moon Zucchini 1/2 c Refined Beans 1/2 c Packaged Apples 1/2 c	Strawberry Cup #9037 <b>Baby Carrots</b> 1/2 c Mashed Potatoes 1/2 c Diced Beans #1222 Cookie #1322 Valentine's Day	Ovens Fries 1/2 c Relish Cup 1/2 c = 1/4 c (Tomato 1/8 c & Pickles 2 ea) Orange 1/2 c No School										

*TOM*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8 oz Yogurt &amp; Yogurt Parfait w/ Granola &amp; Wheat Roll</p> <p>Great Beans 1/2 c 4-Way Vegetable 1/2 c Diced Peaches 1/2 c Condiments</p> <p>Sticks w/ Marmara Sauce 1/4 c</p> <p>Steak Burger Relish Cup 1/2 c = 1/4 c</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Hot 909 Cold Sandwich or Wrap Salsa 1/8 c</p> <p>Nachos w/ Salsa 1/8 c</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Orange Chicken w/ Brown Rice 1/2 c</p> <p>Flaquito Taco Sauce</p> <p>Shaker Salad</p> <p>Chicken Strips BBQ Sauce</p> <p>Specialty Burrito</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Chicken Patty Relish Cup 1/2 c = 1/4 c</p> <p>Pizza Special</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Chicken Patty Relish Cup 1/2 c = 1/4 c</p> <p>Mini Cheese Burger</p> <p>Shaker Salad</p>	<p>8 oz Yogurt &amp; Yogurt Parfait w/ Granola &amp; Wheat Roll</p> <p>4-Way Salad 1 c = 1/2 c Cherry Tomatoes 1/4 c Refined Beans 1/2 c Frozen-Fruit Cup 1/2 c</p> <p>Apple Sauce Cups #9030</p> <p>Hot 909 Cold Sandwich or Wrap Salsa 1/8 c</p> <p>Nachos w/ Salsa 1/8 c</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Soft Pretzel</p> <p>Soft Pretzel</p> <p>Mac &amp; Cheese w/ Gravy Special w/ Gravy</p> <p>Burrito #1222 Taco sauce</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Wheat Roll</p> <p>Wheat Roll</p> <p>Chick'n Strips BBQ Sauce</p> <p>Tamale Taco Sauce</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Chick'n Patty Relish Cup 1/2 c = 1/4 c</p> <p>Mini Cheese Burger</p> <p>Shaker Salad</p>	<p>8 oz Yogurt &amp; Yogurt Parfait w/ Granola Only</p> <p>Chilled Broccoli 1/2 c Cooked Carrots 1/2 c Banana 1/2 c</p> <p>Mac &amp; Cheese w/ Gravy Special w/ Gravy</p> <p>Burrito #1222 Taco sauce</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Wheat Roll</p> <p>Wheat Roll</p> <p>Chick'n Strips BBQ Sauce</p> <p>Tamale Taco Sauce</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Chick'n Patty Relish Cup 1/2 c = 1/4 c</p> <p>Mini Cheese Burger</p> <p>Shaker Salad</p>	<p>8 oz Yogurt &amp; Yogurt Parfait w/ Granola Only</p> <p>Half Moon Zucchini 1/4 c w/ Cherry Tomatoes 1/4 c Pinto Beans 1/2 c Fruit Mix 1/2 c</p> <p>Hot 909 Cold Sandwich or Wrap Salsa 1/8 c</p> <p>Nachos w/ Salsa 1/8 c</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Soft Pretzel</p> <p>Soft Pretzel</p> <p>Mac &amp; Cheese w/ Gravy Special w/ Gravy</p> <p>Burrito #1222 Taco sauce</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Wheat Roll</p> <p>Wheat Roll</p> <p>Chick'n Strips BBQ Sauce</p> <p>Tamale Taco Sauce</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Chick'n Patty Relish Cup 1/2 c = 1/4 c</p> <p>Mini Cheese Burger</p> <p>Shaker Salad</p>	<p>8 oz Yogurt &amp; Yogurt Parfait w/ Granola &amp; 1 Grain Muffin</p> <p>Tots 1/2 c Apple 1/2 c Baby Carrots 1/2 c Condiments</p> <p>Hot 909 Cold Sandwich or Wrap Salsa 1/8 c</p> <p>Nachos w/ Salsa 1/8 c</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Soft Pretzel</p> <p>Soft Pretzel</p> <p>Mac &amp; Cheese w/ Gravy Special w/ Gravy</p> <p>Burrito #1222 Taco sauce</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Wheat Roll</p> <p>Wheat Roll</p> <p>Chick'n Strips BBQ Sauce</p> <p>Tamale Taco Sauce</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Chick'n Patty Relish Cup 1/2 c = 1/4 c</p> <p>Mini Cheese Burger</p> <p>Shaker Salad</p>
<p>8 oz Yogurt &amp; Yogurt Parfait w/ Granola &amp; Wheat Roll</p> <p>Cucumber 1/2 c Fresh Whiteblend 1/2 c Fruit Mix 1/2 c</p> <p>Sticks w/ Marmara Sauce 1/4 c</p> <p>Steak Burger Relish Cup 1/2 c = 1/4 c</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Hot 909 Cold Sandwich or Wrap Salsa 1/8 c</p> <p>Nachos w/ Salsa 1/8 c</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Orange Chicken w/ Brown Rice 1/2 c</p> <p>Flaquito Taco Sauce</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Chicken Strips BBQ Sauce</p> <p>Tamale Taco Sauce</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Chick'n Patty Relish Cup 1/2 c = 1/4 c</p> <p>Mini Cheese Burger</p> <p>Shaker Salad</p>	<p>8 oz Yogurt &amp; Yogurt Parfait w/ Granola &amp; Wheat Roll</p> <p>4-Way Salad 1 c = 1/2 c Cherry Tomatoes 1/4 c Refined Beans 1/2 c Fresh Specialty Fruit 1/2 c Fresh Peas</p> <p>Apple Sauce Cups #9030</p> <p>Hot 909 Cold Sandwich or Wrap Salsa 1/8 c</p> <p>Nachos w/ Salsa 1/8 c</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Soft Pretzel</p> <p>Soft Pretzel</p> <p>Mac &amp; Cheese w/ Gravy Special w/ Gravy</p> <p>Burrito #1222 Taco sauce</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Wheat Roll</p> <p>Wheat Roll</p> <p>Chick'n Strips BBQ Sauce</p> <p>Tamale Taco Sauce</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Chick'n Patty Relish Cup 1/2 c = 1/4 c</p> <p>Mini Cheese Burger</p> <p>Shaker Salad</p>	<p>8 oz Yogurt &amp; Yogurt Parfait w/ Granola Only</p> <p>Steamed Broccoli 1/2 c #9033 Jicama 1/4 c w/ Cherry Tomatoes 1/4 c Dried Fruit 1/2 c</p> <p>Mac &amp; Cheese w/ Gravy Special w/ Gravy</p> <p>Burrito #1222 Taco sauce</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Wheat Roll</p> <p>Wheat Roll</p> <p>Chick'n Strips BBQ Sauce</p> <p>Tamale Taco Sauce</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Chick'n Patty Relish Cup 1/2 c = 1/4 c</p> <p>Mini Cheese Burger</p> <p>Shaker Salad</p>	<p>8 oz Yogurt &amp; Yogurt Parfait w/ Granola Only</p> <p>Half Moon Zucchini 1/4 c w/ Refined Beans 1/2 c Packaged Apples 1/2 c</p> <p>Hot 909 Cold Sandwich or Wrap Salsa 1/8 c</p> <p>Nachos w/ Salsa 1/8 c</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Soft Pretzel</p> <p>Soft Pretzel</p> <p>Mac &amp; Cheese w/ Gravy Special w/ Gravy</p> <p>Burrito #1222 Taco sauce</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Wheat Roll</p> <p>Wheat Roll</p> <p>Chick'n Strips BBQ Sauce</p> <p>Tamale Taco Sauce</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Chick'n Patty Relish Cup 1/2 c = 1/4 c</p> <p>Mini Cheese Burger</p> <p>Shaker Salad</p>	<p>8 oz Yogurt &amp; Yogurt Parfait w/ Granola &amp; 1 Grain Muffin</p> <p>Oven Fries 1/2 c Relish Cup 1/2 c = 1/4 c Tomato 1/8 c &amp; Pickles 2 ea)</p> <p>Hot 909 Cold Sandwich or Wrap Salsa 1/8 c</p> <p>Nachos w/ Salsa 1/8 c</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Soft Pretzel</p> <p>Soft Pretzel</p> <p>Mac &amp; Cheese w/ Gravy Special w/ Gravy</p> <p>Burrito #1222 Taco sauce</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Wheat Roll</p> <p>Wheat Roll</p> <p>Chick'n Strips BBQ Sauce</p> <p>Tamale Taco Sauce</p> <p>Shaker Salad</p> <p>Shaker Salad</p> <p>Chick'n Patty Relish Cup 1/2 c = 1/4 c</p> <p>Mini Cheese Burger</p> <p>Shaker Salad</p>
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