



LUNCH COST \$3.25

FEBRUARY 2023

MIDDLE SCHOOL

ALTERNATE CHOICES:
DELI SANDWICHES
AND
SALADS OFFERED DAILY

MENU SUBJECT TO CHANGE DUE TO SUPPLY CHANGE ISSUES

Monday

Lunch consists of 5 components
Students must take at least 3 components,
1 being a fruit or veg
Or both to count as meal
FRESH FRUIT OFFERED EVERYDAY
CANNED FRUIT OFFERED EVERYDAY
1% MILK & LOWFAT CHOCOLATE

Tuesday

Wednesday

Thursday

Friday

BRUNCH FOR LUNCH: **1**
FRENCH TOAST STICKS
TURKEY SAUSAGE
STEAMED CARROTS
VEGETABLE JUICE 4U
ASSORTED FRUIT CUP
MILK

HAMBURGER OR CHEESEBURGER **2**
SMILEY FRIES
GREEN BEANS
ASSORTED FRUIT
MILK

PIZZA CRUNCHERS **3**
WITH MARINARA SAUCE

STEAMED BROCCOLI
TOSSED SALAD
ASSORTED FRUIT CUP
MILK

CHICKEN TENDERS **6**
WITH A DINNER ROLL
TATOR TOTS
GREEN BEANS
ASSORTED FRUIT
MILK

TACO TUESDAY: **7**
TURKEY TACO MEAT, LETTUCE CHEESE
AND SALSA OVER NACHO CHIPS
SEASONED RICE
BAKED BEANS
CORN
ASSORTED FRUIT CUP

BUTTERY MAPLE WAFFLES **8**
SMILEY FRIES
BABY CARROTS
JUICE 4 YOU
ASSORTED FRUIT
MILK

PASTA WITH MEAT SAUCE **9**
DINNER ROLL

GARDEN SALAD
STEAMED CARROTS
ASSORTED FRUIT CUP
MILK

STUFFED CRUST PIZZA **10**

STEAMED BROCCOLI
TOSSED SALAD
ASSORTED FRUIT CUP
MILK

POPCORN CHICKEN **13**
WITH DINNER ROLL

MASHED POTATO
CORN
ASSORTED FRUIT
MILK

BEEF HOTDOG **14**
ON WG BUN

BAKED CHIPS
BBQ BAKED BEANS
ASSORTED FRUIT
MILK

BRUNCH FOR LUNCH: **15**
FRENCH TOAST STICKS
TURKEY SAUSAGE
STEAMED CARROTS
VEGETABLE JUICE 4U
ASSORTED FRUIT CUP
MILK

TURKEY CHUNKS AND GRAVY **16**
W WG DINNER ROLL
MASHED POTATO
CORN
ASSORTED FRUIT
MILK

PIZZA BITES **17**
WITH MARINARA SAUCE

STEAMED BROCCOLI
TOSSED SALAD
ASSORTED FRUIT CUP
MILK

PRESIDENTS DAY **20**
MID-WINTER BREAK

MID-WINTER BREAK **21**

MID-WINTER BREAK **22**

MID-WINTER BREAK **23**

MID-WINTER BREAK **24**

CHICKEN **27**
NUGGETS
ON WG ROLL
MASHED POTATO
CORN
ASSORTED FRUIT
MILK

WALKING TACO TUESDAY: **28**
TURKEY TACO MEAT, LETTUCE
CHEESE AND SALSA IN DORITOS BAG
SEASONED RICE
BAKED BEANS
ASSORTED FRUIT CUP
MILK



Free & reduced-price meal applications need to be submitted each year.
Checks payable to J-D Food Service, cash accepted or online prepayment at myschoolbucks.com.

