



Lunch cost \$3.25

MARCH 2023

MIDDLE SCHOOL

ALTERNATE CHOICES:
DELI SANDWICHES
AND
SALADS OFFERED DAILY

Monday

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

CHICKEN PATTY
ON WG ROLL
MASHED POTATO
CORN
ASSORTED FRUIT
MILK

6

Tuesday

TACO TUESDAY:
BEEF TACO MEAT, LETTUCE, CHEESE
AND SALSA OVER NACHO CHIPS
RICE
BAKED BEANS
ASSORTED FRUIT CUP
MILK

7

SUPERINTENDENTS DAY
NO SCHOOL

13

BEEF HOT DOG
ON WG BUN

14

SWEET POTATO FRIES
VEGETARIAN BEANS
ASSORTED FRUIT
MILK

CHICKEN TENDERS
WITH DINNER ROLL

20

TATOR TOTS
CORN
ASSORTED FRUIT
MILK

HAMBURGER OR CHEESEBURGER
ON WG BUN

21

SWEET POTATO FRIES
BAKED BEANS
ASSORTED FRUIT
MILK

CHICKEN NUGGETS
WITH DINNER ROLL

27

MASHED POTATO
CORN
ASSORTED FRUIT
MILK

TACO TUESDAY:
BEEF TACO MEAT, LETTUCE, CHEESE
AND SALSA OVER NACHO CHIPS
RICE

28

BAKED BEANS
ASSORTED FRUIT CUP
MILK

Wednesday

YOGURT MEAL
DANNON YOGURT
WG 2 OZ PRETZLE
CHEESE STICK
BABY CARROTS
ASSORTED FRUIT
MILK

1

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

8

PUFFY PANCAKE BITES
W SYRUP
HASH BROWN
JUICE FOR 4U
ASSORTED FRUIT
MILK

15

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

22

YOGURT MEAL
DANNON YOGURT
WG 2 OZ PRETZLE
CHEESE STICK
BABY CARROTS
ASSORTED FRUIT
MILK

29

Thursday

GRILLED CHEESE
&
TOMATO SOUP WITH
CRACKERS
GREEN BEANS
ASSORTED FRUIT CUP
MILK

2

HAMBURGER OR CHEESEBURGER
ON WG BUN

9

SMILEY FRIES
GREEN BEANS
ASSORTED FRUIT
MILK

BAKED ZITI
TEXAS TOAST

16

GARDEN SALAD
GREEN BEANS
ASSORTED FRUIT CUP
MILK

GRILLED CHEESE
&
TOMATO SOUP WITH
CRACKERS
GREEN BEANS
ASSORTED FRUIT CUP
MILK

23

MEATBALL SUB
ON WG ROLL

30

GARDEN SALAD
GREEN BEANS
ASSORTED FRUIT CUP
MILK

Friday

WILD MIKE'S CHEESE PIZZA

STEAMED BROCCOLI
TOSSED SALAD
ASSORTED FRUIT CUP
MILK

3

PIZZA CRUNCHERS
WITH MARINARA SAUCE

10

STEAMED BROCCOLI
TOSSED SALAD
ASSORTED FRUIT CUP
MILK

HOMEMADE CHEESE PIZZA

17

STEAMED BROCCOLI
TOSSED SALAD
ASSORTED FRUIT CUP
MILK

PIZZA BITES
WITH MARINARA SAUCE

24

STEAMED BROCCOLI
TOSSED SALAD
ASSORTED FRUIT CUP
MILK

STUFFED CRUST PIZZA

31

STEAMED BROCCOLI
TOSSED SALAD
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 pre-payment at myschoolbucks.com

