

**Middle School Lunch Menu with Balanced Choices
Week 3**

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Meal: \$3.00 Ala Carte: \$2.60	Sweet and Sour Popcorn Chicken White Rice Asian Vegetables Choice of Fruit Milk	Lasagna Roll Ups Peas Garlic Toast Choice of Fruit Milk	Chicken Broccoli Alfredo Breadstick Season Carrots Pear Milk	Salisbury Steak Scallop Potatoes Dinner Roll Pear Milk	Chef's Choice
 Hamburgers, Cheeseburgers, Chicken Patty Sandwiches on Whole Wheat Buns Offered Daily Meal: \$3.00 Ala Carte: \$2.60	Corn Dog Choice of Fruit & Side Milk	Chicken Wings Choice of Fruit & Side Milk	BBQ Chicken Sandwich Choice of Fruit & Side Milk	Meatball Sub Choice of Fruit & Side	Mushroom Swiss Burger Choice of Fruit & Side Milk
 Plain and Pepperoni Pizza Offered Daily Meal: \$3.00 Ala Carte: \$2.60	Hawaiian Pizza Breadstick Mixed Vegetables Banana Milk	BBQ Chicken Pizza Tossed Salad Choice of Fruit Milk	Broccoli Pizza Tossed Salad Choice of Fruit Milk	Bosco Stick Marinara Sauce Tossed Salad Choice of Fruit Milk	Chef Choice Specialty Pizza Tossed Salad Choice of Fruit Milk
 Meal: \$3.50 Ala Carte: \$3.00	Beef Tacos(2) Choice of Fruit & Side Milk	Macho Nachos w/ Mexican Meat & Cheese, Tomato, Lettuce White Rice Southwest Corn & Bean Salad Orange Wedges Milk	Chicken & Cheese Quesadilla White Rice Green Beans Apple Milk	Chicken Enchilada Choice of Fruit & Side Milk	Chicken Burrito Lettuce & Tomato Seasoned Corn Pineapple Milk
 Deli Bar Offered Daily Meal: \$3.50 Ala Carte: \$3.00	Turkey Club Bagel Carrot Sticks w/ Dip Banana Milk	Roast Beef & Cheese Pita Vegetable Pasta Salad Applesauce Milk	Ham & Cheese on Croissant Celery Stick w/ Dip Choice of Fruit Milk	Turkey Cheese on a Kaiser Lettuce & Tomato Creamy Cole Slaw Applesauce Milk	Veggie Wrap Chef Choice Salad Choice of Fruit Milk

All Lunches Include: Choice of Entrée, Choice of Two Vegetable/Fruit Side Dishes, and Choice of Milk.
 Vegetable/Fruit Side Dishes Include: Featured Hot Vegetable, Tossed Side Salad, Fresh Veggie Sandwich Toppings, and Fresh Fruit
 Milk Choices Include: skim white milk, low fat (1%) white milk, and flavored low fat (1%) milk.

In the Operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to: Dept of Agriculture Wash., DC 20250
 Revised 4-19-2010