

# MIDDLE SCHOOL MENU

**G= Whole Grain**      **g=Grams of Carbohydrates**  
**V=Vegetarian Entrée**    **P=Pork Entrée**

**B=Breakfast:** A choice of juice, skim and 1% milk, cereal, and toast is offered daily. At least two items must be selected for breakfast price to apply.

**Lunch:** An entrée plus one or two sides and milk are offered. At minimum, an entrée and one other item must be selected for lunch price to apply.

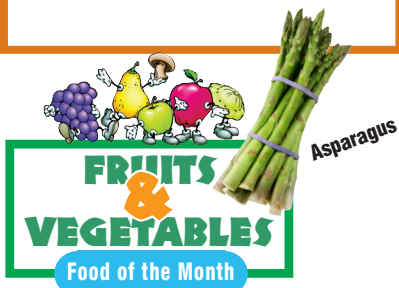
An additional one or two whole-grain rolls and cookie may be requested.

**Caution:** Common food allergen triggers—such as, but not limited to, dairy, eggs, fish, milk, nuts, soy, and wheat—may have come in contact with some or all foods served due to cross-contamination possibility in manufacturing or service and preparation.

Over a period of one week, the most popular menu items average:  
 Calories: 864  
 Grams of Fat: 27

## May 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/14, 5/28	5/1, 5/15, 5/29	5/2, 5/16, 5/30	5/3	5/17
<b>B-Breakfast Pizza (38g) G</b> <b>B-French Toast Sticks (72g)</b> Chicken Nuggets (13g) Spaghetti (29g) Breaded Pork Patty (18g) <b>(P)</b> Chicken Fajita Wrap (17g)  Mashed Potatoes w/Gravy (19g) California Vegetables (5g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Applesauce (23g) Seasonal Fresh Fruit (16g) Roll (29g) <b>G</b>	<b>B-Sausage Biscuit (27g) (P)</b> <b>B-Baked Oatmeal (28g) G</b> Papa John's Pizza (39g) PB&J Uncrustable (33g) <b>(V)</b>  Cooked Carrots (12g) Green Beans (8g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Peach Slices (17g) Seasonal Fresh Fruit (16g) Roll (29g) <b>G</b>	<b>B-Cinnamon Roll (52g)</b> Cheeseburger (32g) Hot & Spicy Chicken Sandwich (36g) Taco Soup (16g) Chicken Pot Pie w/Biscuit (45g)  Crinkle Fries (21g) Peas (14g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Pineapple Tidbits (20g) Seasonal Fresh Fruit (16g) Roll (29g) <b>G</b>	<b>B-Breakfast Burrito (14g)</b> <b>B-Donut (31g)</b> Breaded Chicken (7g) Taco (32g) Cheese Quesadilla <b>(V)</b> (41g) Beef & Cheese Hoagie (34g)  Baked Beans (31g) Steamed Broccoli (4g) Peas (14g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Pear Slices (20g) Seasonal Fresh Fruit (16g) Roll (29g) <b>G</b>	(5/4—No School), 5/18, 6/1  <b>B-Banana (61g) or Blue Ribbon Muffin (45g)</b> Sausage Pancake (23g) <b>(P)</b> Cheeseburger (32g) Chicken Nuggets (13g) Cheese Pizza (32g) <b>(V) G</b> Pepperoni Pizza (32g) <b>(P) G</b> Fish Sandwich (42g)  Macaroni & Cheese (10g) Kale Greens (6g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Fruit Cocktail (18g) Seasonal Fresh Fruit (16g) Roll (29g) <b>G</b>
5/7, 5/21	5/8, (5/22—No School)	5/9, 5/23	5/10, 5/24	5/11, 5/25
<b>B-Sausage Biscuit (27g) (P)</b> <b>B-French Toast Sticks (72g)</b> Hot & Spicy Chicken Sandwich (36g) Round Cheese Pizza (43g) <b>(V)</b> Round Pepperoni Pizza (36g) <b>(P)</b> Breaded Pork Patty (18g) <b>(P)</b> Chicken Pot Pie w/Biscuit (45g)  Kale Greens (6g) Corn (16g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Applesauce (23g) Seasonal Fresh Fruit (16g) Roll (29g) <b>G</b>	<b>B-Bfst. Chicken Patty on Biscuit (35g)</b> <b>B-Donut (31g)</b> Papa John's Pizza (39g) Corn Dog (30g) <b>G</b>  Macaroni & Cheese (10g) Peas (14g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Peach Slices (17g) Seasonal Fresh Fruit (16g) Roll (29g) <b>G</b>	<b>B-Enriched Cinnamon Roll (52g) (May 9 only)</b> <b>B-Sausage Pancake (23g) (May 23 only) (P)</b> Nacho Grande (50g) Hot & Spicy Chicken Sandwich (36g) Chicken Nuggets (13g) BBQ Chicken on Bun (46g)  Crinkle Fries (21g) California Vegetables (5g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Pineapple Tidbits (20g) Seasonal Fresh Fruit (16g) Cherry Crisp (44g) Roll (29g) <b>G</b>	<b>B-Sausage Pancake (23g) (P) (May 24 only)</b> <b>B-Cinnamon Roll (52g) (May 10 only)</b> Breaded Chicken (7g) Cheeseburger (32g) Spaghetti (29g) Grilled Cheese Sandwich (23g) <b>(V)</b>  Mashed Potatoes w/Gravy (19g) Green Beans (8g) Cooked Carrots (12g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Fruit Cocktail (18g) Seasonal Fresh Fruit (16g) Roll (29g) <b>G</b>	<b>B-Banana (61g) or Blue Ribbon (45g)</b> <b>B-Breakfast Burrito (14g)</b> Cheeseburger (32g) Chicken Nuggets (13g) Cheese Pizza (32g) <b>(V) G</b> Pepperoni Pizza (32g) <b>(P) G</b> Chili Dog (29g)  Crinkle Fries (21g) Baked Beans (31g) Corn (16g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Pear Slices (20g) Seasonal Fresh Fruit (16g) Roll (29g) <b>G</b>



### Daily Choices Include:

Hoagie Sandwich  
 Chef & Entrée Salads  
 PB&J Uncrustable  
 Yogurt w/Pretzel

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