



Middle School Lunch Menu

March 2023

Regular Lunch Price: \$2.85 (Main Line, Grill Line, Grab N Go)

Premium Lunch Price: \$4.00 (MTO Deli Line, MTO Salad Line, Pizza Line)

Please note new Sesame Flour Allergen Alert
Two Companies have recently changed their recipes to include Sesame flour. This impacts our hamburger buns, hot dog buns, hoagie buns and flatbread. As well as the pizza dough at Middle School and High School.



1
French Toast Sticks & Turkey Sausage Links
Spicy Crispy Chicken Sandwich
Grilled Chicken Taco Salad
Honey Ham & Cheese Sub

-----**Side Items**-----
Smiley Fries
Seasonal Fresh Fruit

2
Grilled Chicken with Gravy over a Biscuit
100% Beef Hot Dog
Honey Ham & Cheese Oven-Fired Flatbread Kit
Hummus & Veggie Plate with Oven Fired Flatbread*V

-----**Side Items**-----
Mashed Potatoes
Seasonal Fresh Fruit

3
Cheese Stuffed Breadsticks with Marinara Sauce*V
White Pizza*V
Golden Crispy Chicken Nuggets With Roll
Grilled Chicken, Feta Cheese, And Berry Salad
Tuna Sub

-----**Side Items**-----
Sliced Carrots
Seasonal Fresh Fruit

6
Breaded Chicken Mashed Potato Bowl
White Pizza*V
Spicy Crispy Chicken Sandwich
Grilled Chicken Caesar Salad
Italian Style Sub

-----**Side Items**-----
Breadstick
Seasonal Fresh Fruit

7
Grilled Chicken Soft Tacos*SC
100% Beef Bacon Cheeseburger
Roasted Turkey & Cheese Sub
Muffin/String Cheese/Yogurt Pack

-----**Side Items**-----
Black Beans
Seasonal Fresh Fruit

8
Baked Russet Potato Bar
Spicy Crispy Chicken Sandwich
Grilled Chicken Taco Salad
Honey Ham & Cheese Sub

-----**Side Items**-----
Dinner Roll
Seasonal Fresh Fruit

9
Breaded Chicken Parmesan over Spaghetti*SC
100% Beef Hot Dog
Honey Ham & Cheese Oven-Fired Flatbread Kit
Hummus & Veggie Plate with Oven Fired Flatbread*V

-----**Side Items**-----
Green Peas
Seasonal Fresh Fruit

10
Vegetarian Bean Chili Mac*V*SC
White Pizza*V
Golden Crispy Chicken Nuggets With Roll
Grilled Chicken, Feta Cheese, And Berry Salad
Breaded Chicken and Cheese Snack Wraps

-----**Side Items**-----
Garden Salad
Seasonal Fresh Fruit

13
American Grilled Cheese*V
White Pizza*V
Spicy Crispy Chicken Sandwich
Grilled Chicken Caesar Salad
Italian Style Sub

-----**Side Items**-----
Tomato Soup
Seasonal Fresh Fruit

14
100% Beef Meatloaf*SC
100% Beef Bacon Cheeseburger
Roasted Turkey & Cheese Sub
Muffin/String Cheese/Yogurt Pack

-----**Side Items**-----
Mashed Potatoes
Seasonal Fresh Fruit

15
Waffles & Egg Omelet
Spicy Crispy Chicken Sandwich
Grilled Chicken Taco Salad
Honey Ham & Cheese Sub

-----**Side Items**-----
Smiley Fries
Seasonal Fresh Fruit

16
BBQ Pork McRib Sandwich
100% Beef Hot Dog
Honey Ham & Cheese Oven-Fired Flatbread Kit
Hummus & Veggie Plate with Oven Fired Flatbread*V

-----**Side Items**-----
Green Beans
Seasonal Fresh Fruit

17
Honey Sriracha Turkey Burger Waffle Sandwich
White Pizza*V
Golden Crispy Chicken Nuggets With Roll
Grilled Chicken, Feta Cheese, And Berry Salad
Tuna Sub

-----**Side Items**-----
French Fries
Seasonal Fresh Fruit

20
Breaded Chicken Mashed Potato Bowl
White Pizza*V
Spicy Crispy Chicken Sandwich
Grilled Chicken Caesar Salad
Italian Style Sub

-----**Side Items**-----
Breadstick
Seasonal Fresh Fruit

21
Orange Chicken with Brown Rice
100% Beef Bacon Cheeseburger
Roasted Turkey & Cheese Sub
Muffin/String Cheese/Yogurt Pack

-----**Side Items**-----
Steamed Broccoli
Seasonal Fresh Fruit

22
Sausage, Egg, and Cheese Bagel Melt
Spicy Crispy Chicken Sandwich
Grilled Chicken Taco Salad
Honey Ham & Cheese Sub

-----**Side Items**-----
Smiley Fries
Seasonal Fresh Fruit

23
Penne Pasta with Marinara/Alfredo Sauce and Beef Meatballs/Grilled Chicken*SC
100% Beef Hot Dog
Honey Ham & Cheese Oven-Fired Flatbread Kit
Hummus & Veggie Plate with Oven Fired Flatbread*V

-----**Side Items**-----
Spinach Salad with Oranges
Seasonal Fresh Fruit

24
Cheesy Quesadilla*V
White Pizza*V
Golden Crispy Chicken Nuggets With Roll
Grilled Chicken, Feta Cheese, And Berry Salad
Breaded Chicken and Cheese Snack Wraps

-----**Side Items**-----
Pinto Beans
Seasonal Fresh Fruit

27
NO SCHOOL
Faculty Inservice

28
Cheddar Cheese Oven-Fired Flatbread Melt*V
100% Beef Bacon Cheeseburger
Roasted Turkey & Cheese Sub
Muffin/String Cheese/Yogurt Pack

-----**Side Items**-----
Smiley Fries
Seasonal Fresh Fruit

29
Pancakes & Turkey Sausage Links
Spicy Crispy Chicken Sandwich
Grilled Chicken Taco Salad
Honey Ham & Cheese Sub

-----**Side Items**-----
Hash Brown
Seasonal Fresh Fruit

30
Philly Cheesesteak
100% Beef Hot Dog
Honey Ham & Cheese Oven-Fired Flatbread Kit
Hummus & Veggie Plate with Oven Fired Flatbread*V

-----**Side Items**-----
Spinach Salad with Oranges
Seasonal Fresh Fruit

31
Macaroni & Cheese with Breaded Fish Sticks*SC
White Pizza*V
Golden Crispy Chicken Nuggets With Roll
Grilled Chicken, Feta Cheese, And Berry Salad
Tuna Sub

-----**Side Items**-----
Green Beans
Seasonal Fresh Fruit

Offered Daily

Grill Line: Crispy Chicken Breast, 100% Beef Burger, Black Bean Burger *V
Pizza Line: Cheese Pizza *V, Pepperoni Pizza
Deli Line: Currently Closed

Cold Vegetable Choices Include:

Monday: Baby Carrots/Broccoli Florets
Tuesday: Broccoli Florets/ Red Pepper Strips
Wednesday: Baby Carrots/ Cucumbers
Thursday: Celery Sticks/ Grape Tomatoes
Friday: Baby Carrots/ Cucumbers

Other Daily Options:

Oven-Fired Flatbread Pizza Kit*V
Fresh Fruit & Yogurt Parfaits*V
SunButter & Jelly Sandwich*V
Offered Daily with Lunch Meal:
100% Juice, Skim White, Skim Chocolate and 1% White Milk

All deli meats offered are Smithfield Healthy Ones. No MSG or added hormones. No artificial flavors.

