

## Middle School Menu

The Child Nutrition Department is critical in establishing a healthy school nutrition environment to promote optimum health. Our Child Nutrition employees follow essential worker protocols set by the CDC

Monday, Feb 26 <sup>th</sup>	Tuesday, Feb 27 <sup>th</sup>	Wednesday, Feb 28 <sup>th</sup>	Thursday, Feb 29 <sup>th</sup>	Friday, March 1 <sup>nd</sup>
1. Pizza <a href="#">See List</a> 2. Teriyaki Chicken 20.1g, brown rice 17.5g, stir fry veg 5.3g 3. Fish nuggets 23g, roll 22.5g, cole slaw 19.2g Mandarin oranges 20.1g	1. Pizza <a href="#">See List</a> 2. Chicken Drumsticks 5.8g Gravy 3.3g, Mashed potatoes 18.2g, Carrots 8.7g Banana Bread 31.6g 3. pretzel burger30g , baked beans 32.2g Strawberries 13.4g	1. Pizza <a href="#">See List</a> 2. Soft taco 33g w/ garnish, black bean and corn salsa 29g 3. popcorn chicken,15g crinkle fries 15.9g, roll 22.5g  Mixed fruit 17.8g	1. Pizza <a href="#">See List</a> 2. Spaghetti 34g w/ sauce 7.8g, Garlic Bread 15.6g, side salad 1.5g 3. Grilled Cheese 35g, marinara sauce 6.5g, tots 14.1g  Fresh grapes 7.9g	Virtual Day
Monday, March 4 <sup>th</sup>	Tuesday, March 5 <sup>th</sup>	Wednesday, March 6 <sup>th</sup>	Thursday, March 7 <sup>th</sup>	Friday, March 8 <sup>th</sup>
1. Pizza <a href="#">See List</a> 2. Honey Sriracha chicken 17g, Midori 9.3g, brown rice 17.5g 3. Pizza Crunchers 41.9g Pineapple 16.6g	1. Pizza <a href="#">See List</a> 2. Beef fingers16g, mashed potatoes 18.2g, gravy 6g, hot roll 22.5g, 3. Turkey Ranch Wrap 29g, chips 39.7g Pears 18.9g	1. Pizza <a href="#">See List</a> 2. Burrito 23.4g, churro beans 28g 3. Popcorn chicken 15g, hot roll 22.5g, potato wedge 15.2g  Mixed Fruit 17.8g	1. Pizza <a href="#">See List</a> 2. Mac & Cheese 26.5g, Cowboy Bread 29g, broccoli 4.4g 3. Hot dog 31g, waffle fries22.5g Rosy applesauce 14.9g	1. Pizza <a href="#">See List</a> 2. Hamburger 28g, cheeseburger 29g tots 14.1g 3. Chicken Tenders 16.1g, roll 25.5g  Carrots 8.7g Peaches 18.1g
Monday, March 11 <sup>th</sup>	Tuesday, March 12 <sup>th</sup>	Wednesday, March 13 <sup>th</sup>	Thursday, March 14 <sup>th</sup>	Friday, March 15 <sup>th</sup>
1. Pizza <a href="#">See List</a> 2. Corn dog nuggets 33g, mixed Veggies,3.2g apple crisp 20.1g 3. Orange chicken 18.1g, brown rice 17.5g, Kyoto veg 9.3g Mandarin Oranges 20.1g	1. Pizza <a href="#">See List</a> 2. Beef Salisbury Steak 4g Gravy 5.9g, Mashed potatoes 18.2gBlueberry square 30.4g 3. Hot Ham & Cheese sandwich30.4g Glazed Carrots 22.3g Pineapple 16.6g	1. Pizza <a href="#">See List</a> 2. Taco Flatbread Pizza 48.6g, garnish, 3. Chicken tenders 16.6g, roll 22.5g, tots 14.1g  black eyed peas 32.1g Applesauce 15g	1. Pizza <a href="#">See List</a> 2. Chicken & Noodles 29.5g, biscuit 30g, side salad 1.5g 3. Hamburger 28g, cheeseburger 29g, tots 14.1g Fresh fruit	No School
Monday, March 18 <sup>th</sup>	Tuesday, March 19 <sup>th</sup>	Wednesday, March 20 <sup>th</sup>	Thursday, March 21 <sup>th</sup>	Friday, March 23 <sup>th</sup>
No School	No School	No School	No School	No School
Monday, March 25 <sup>th</sup>	Tuesday, March 26 <sup>th</sup>	Wednesday, March 27 <sup>th</sup>	Thursday, March 28 <sup>th</sup>	Friday, March 29 <sup>th</sup>
1. Pizza <a href="#">See List</a> 2. Teriyaki Chicken 20.1g, brown rice 17.5g, stir fry veg 5.3g 3. Fish nuggets 23g, roll 22.5g, cole slaw 19.2g Mandarin oranges 20.1g	1. Pizza <a href="#">See List</a> 2. Chicken Drumsticks 5.8g Gravy 3.3g, Mashed potatoes 18.2g, Carrots 8.7g Banana Bread 31.6g 3. pretzel burger30g , baked beans 32.2g Strawberries 13.4g	1. Pizza <a href="#">See List</a> 2. Soft taco 33g w/ garnish, black bean and corn salsa 29g 3. popcorn chicken,15g crinkle fries 15.9g, roll 22.5g  Mixed fruit 17.8g	1. Pizza <a href="#">See List</a> 2. Spaghetti 34g w/ sauce 7.8g, Garlic Bread 15.6g, side salad 1.5g 3. Grilled Cheese 35g, marinara sauce 6.5g, tots 14.1g  Fresh grapes 7.9g	1. Pizza <a href="#">See List</a> 2. Chicken fried steak 14g, mashed potatoes 18.2g, gravy 5.9g, roll 22.5g 3. Stuffed bread stick34g , marinara6.5g Broccoli 4.3g Peaches 18.1g

This institution is an equal opportunity provider and employer

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### Daily Meals

- A variety of seasonal fruits and veggies are served daily. Apples, salad, baby carrots, and broccoli are offered most days.
- Students must choose 3 food groups, one being fruit or veggie to qualify for reimbursable meals per federal guidelines.
- Carb Counts are listed in [blue](#).
- Menus are subject to change without notice due to item availability and utilization at each school site.