



# December 2018

## Middle School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Fish Sticks Egg Chef Salad PB&J Sandwich Dinner Roll French Fries Fresh Tomato Wedges Assorted Fruits	<b>4</b> Beef Ravioli Chicken Caesar Salad PB&J Sandwich Dinner Roll Maple Mashed Swt Potatoes Garden Salad Assorted Fruits	<b>5</b> National Comfort Food Day! Salisbury Steak Popcorn Chicken Salad PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Fresh Cucumber Slices Assorted Fruits	<b>6</b> Chicken Parmesan Melt Dinner Roll Turkey Chef Salad PB&J Sandwich Dinner Roll Campfire Chipotle Beans Red Pepper Strips Assorted Fruits	<b>7</b> Creamy Ital. Rice w. Popcorn Chix & Marinara Chicken & Chz Salad PB&J Sandwich Dinner Roll Steamed Broccoli Baby Carrots Assorted Fruits
<b>10</b> Nacho Chz Walking Taco Egg Chef Salad PB&J Sandwich Dinner Roll Corn Baby Carrots Assorted Fruits	<b>11</b> Chix & Maple Syrup Waffle Breaded Buffalo Chix Salad PB&J Sandwich Dinner Roll Green Beans Red Pepper Strips Assorted Fruits	<b>12</b> Orange Popcorn Chix w. Broccoli Turkey & Chz Salad PB&J Sandwich Plain Rice Dinner Roll Swt Potato Bites Fresh Zucchini Assorted Fruits	<b>13</b> Salisbury Steak Egg Chef Salad PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Fresh Broccoli Baby Carrots Assorted Fruits Happy Holidays!	<b>14</b> Chix & Chz Penne Bake Chix Caesar Salad PB&J Sandwich Dinner Roll Steamed Broccoli Baby Carrots Assorted Fruits
<b>17</b> Breaded Chix Drumstick Cham** Chef Salad PB&J Sandwich Dinner Roll Steamed Zucchini Fresh Tomato Wedges Assorted Fruits	<b>18</b> Pizza Chix Meatball Sub Chix Caesar Salad PB&J Sandwich Dinner Roll Glazed Orange Carrots Green Peas Assorted Fruits	<b>19</b> Pepperoni or Cheese Pizza* Cham** Chef Salad PB&J Sandwich Dinner Roll Steamed Broccoli Fresh Cucumber Slices Assorted Fruits	<b>20</b> Oven Roasted Turkey Popcorn Chix Salad PB&J Sandwich Stuffing Gravy and/or Dinner Roll Green Beans Mashed Maple Sweet Potatoes Assorted Fruits	<b>21</b> <b>Winter Break</b> 
<b>24</b> <b>Winter Break</b> 	<b>25</b> <b>Winter Break</b> 	<b>26</b> <b>Winter Break</b> 	<b>27</b> <b>Winter Break</b> 	<b>28</b> <b>Winter Break</b> 
<b>31</b> <b>Winter Break</b> 	 <b>Fuel</b> Fuel Item Dec 3-7 – Disco Fries Fuel Item Dec 10-14 – Kickin Chicken Fries		<b>Job Opportunity</b> Looking for flexibility? Part-Time or Full-Time hours? No nights or weekends? Nutrition Services employees needed. To apply, please call 523-1116.	

### More Info...

#### Offered Daily:

- \*Featured Entrée
- \*Featured Salad
- \*Esta Fiesta Bar Beans & Rice
- \*Featured Deli Selections: Variety of Deli Sandwiches\* PB&J Sandwiches Pretzel, Yogurt & Cheese Packs
- \*Featured Pizza Selections: Cheese Pizza Pepperoni Pizza\*
- \*Featured Grill Selections: Cheeseburger, Grilled Chicken Sandwich Breaded Chicken Sandwich

\*Breadstick or Pretzels

\*Assorted Milk  
 1% White,  
 1% Chocolate  
 Skim: Vanilla,  
 Strawberry

#### Additional Weekly Grill Options:

- Spicy Chicken Sandwich
- Popcorn Chicken
- Chicken Tenders
- Hot Dog

\*May contain pork  
 \*\*Chicken Ham

Lunch Prices:  
 Full Priced: \$2.90  
 Reduced: \$.40

Menus are subject to change without notice.

**Nutrition Services Vision: "To provide meals and service that enrich and nourish lives."**

### Special News...

Free and Reduced Meal Applications can be filled out online at <https://frapps.horizonsolana.com/SPRR01> or you can pick up a paper version at your school office.

"This institution is an equal opportunity provider."

#### What is a Reimbursable Lunch?

Must choose 3 components with one being ½ cup fruit or vegetable.

1. Whole Grain
2. Fruit
3. Vegetable
4. Meat/Meat Alternate
5. Milk-1%, Skim

