



April 2019

Middle School Lunch Menu

Fuel
Fuel Item April 8-12: Enchilada Stacker
Fuel Item April 15-18: Southwest Stacker

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
1 Breaded Chix Drumstick Cham** Chef Salad PB&J Sandwich Dinner Roll Steamed Zucchini Fresh Tomato Wedges Assorted Fruits	2 PB&J Day Pizza Chix Meatball Sub Chix Caesar Salad PB&J Sandwich Dinner Roll Roasted Carrots Green Peas Assorted Fruits	3 Beef Soft Tacos Cham** Chef Salad PB&J Sandwich Dinner Roll Steamed Broccoli Fresh Cucumber Slices Assorted Fruits	4 Teriyaki Chix w. Vegetables Popcorn Chix Salad PB&J Sandwich Plain Rice Dinner Roll Pinto Kickin Beans Baby Carrots Assorted Fruits	5 Country Chix Nugget Bowl Fish Sticks PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Corn Assorted Fruits National Grilled Chz Day	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.	
8 Salisbury Steak Egg Chef Salad PB&J Sandwich Dinner Roll/ Gravy Mashed Potatoes Fresh Broccoli Baby Carrots Assorted Fruits	9 Swt & Sour Popcorn Chix w. Broccoli Popcorn Chix Salad PB&J Sandwich Dinner Roll/Plain Rice Roasted Mixed Vegetables Red Pepper Strips Assorted Fruits	10 Chix Fajitas Ranch Chix Salad PB&J Sandwich Dinner Roll Swt Potato Fries Fresh Zucchini Assorted Fruits	11 Breaded Fish Melt Ham Chef Salad* PB&J Sandwich Dinner Roll Charro Beans Green Beans Assorted Fruits	12 Baked Lasagna Grilled Chz Sandwich PB&J Sandwich Dinner Roll Steamed Spinach Tomato & Cucumber Salad Assorted Fruits		
15 Buffalo Chix Drumstick PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Fresh Broccoli Assorted Fruits	16 Chix Parmesan Spaghetti PB&J Sandwich Cheeseburger Breadstick Green Beans Red Pepper Strips Assorted Fruits	17 Broccoli & Chz Baked Potato Chicken Caesar Salad PB&J Sandwich Dinner Roll Orange Glazed Carrots Corn Assorted Fruits	18 Spring Fling Country Chix Nugget Bowl BBQ Pork Sandwich* PB&J Sandwich Dinner Roll Baked Beans Mashed Potatoes Baby Carrots Assorted Fruits	19 No School		
22 Fish Sticks Egg Chef Salad PB&J Sandwich Dinner Roll French Fries Fresh Tomato Wedges Assorted Fruits	23 Salisbury Steak Popcorn Chix Salad PB&J Sandwich Dinner Roll Mashed Potatoes Fresh Cucumber Slices Assorted Fruits	24 Lasagna Chicken Caesar Salad PB&J Sandwich Dinner Roll Steamed Carrots Garden Salad Assorted Fruits	25 Chix Parmesan Sandwich Turkey Chef Salad PB&J Sandwich Dinner Roll Campfire Chipotle Beans Baby Carrots Assorted Fruits	26 National Pretzel Day Country Popcorn Chix Bowl Chicken & Chz Salad PB&J Sandwich Pretzels Steamed Broccoli Red Pepper Strips Assorted Fruits		
29 Nacho Chz Walking Taco Egg Chef Salad PB&J Sandwich Dinner Roll Corn Baby Carrots Assorted Fruits	30 Chix & Maple Syrup Waffle Breaded Buffalo Chix Salad PB&J Sandwich Dinner Roll Green Beans Red Pepper Strips Assorted Fruits	Job Opportunity Looking for flexibility? Part-Time or Full-Time hours? No nights or weekends? Nutrition Services employees needed. To apply, please call 523-1116.				

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

