Middle School Menu

December-25

| Monday | Carbs | Tuesday | Carbs | Wednesday | Carbs | Thursday | Carbs | Friday | Carbs | |
|--------------------------------|-------|------------------------------|-----------|--------------------------------------|-------|-----------------------------|----------------------|-----------------------------|-------|---|
| 1 | | 2 | | 3 | | 4 | | 5 | | Lunch 3.15 |
| French Toast Sticks E, M, Y, W | 26 | Mini Pizza Bagels W, Y, M | 24 | Baked Spaghetti w/meat sauce W, Y, M | 31 | BBQ Pulled Chicken W, Y | 47 | Big Daddy Cheese Pizza M, W | 28 | Milk \$.45 |
| Pancake Syrup | 30 | Smiley Potatoes Y | 25 | Edamame Y | 3 | Fresh Spinach Salad Y | 4 | Sliced Green Peppers | 3 | NSLP Reduced price lunch \$0.40 |
| Cheese, String M | 3 | Cherry Tomatoes | 2 | Cranberries, Dried | 27 | Cherry Tomatoes | 2 | Zucchini Slices | 1 | All meals served with |
| Tater Rounds Y | 19 | Orange Wedges | 21 | Milk (assorted) | 15 | Fresh Apple | 22 | Banana | 27 | choice of Milk |
| Chickpeas | 10 | Milk (assorted) | 15 | | | Milk (assorted) | 15 | Milk (assorted) | 15 | |
| Applesauce | 14 | | | | | | | | | Alternate Daily Choices: |
| Milk (assorted) | 15 | | | | | | | | | Mon Chicken Nuggets/Patty 16-41 |
| 8 ***NEW*** | | 9 | | 10 *Turkey Dinner* | | 11 | | 12 | | Tue Hot Dog 30 |
| Ramen Bowl W, Y | 20 | Grilled Cheese M, Y, W, SS | 30 | Turkey | 1 | Corn Dog Nuggets E, M, Y, W | 26 | Bosco Sticks M, W | 34 | Wed Pizza 21-42 |
| Carrot Baby | 6 | French Fries Y | 16 | Gravy W | 4 | French Fries Y | 16 | Red Dipping Sauce | 5 | Thu Nachos/Walking Tacos 32-48 |
| Edamame Y | 3 | Tomato Soup W | 18 | Stuffing W | 22 | Black Bean Salsa | 16 | Celery Sticks | 3 | Fri Breakfast for Lunch 15-25 |
| Chilled Pears | 15 | Mixed Fruit | 16 | Cucumber Slices | 0 | Fruit Slushie BR | 22 | Mandarin Oranges | 20 | |
| Milk (assorted) | 15 | Milk (assorted) | 15 | Sweet Corn | 8 | Milk (assorted) | 15 | Milk (assorted) | 15 | Students must have money on their |
| | | | | Orange Juice | 13 | | | | | accounts or bring cash for ala carte |
| | | | | Milk (assorted) | 15 | | | | | purchases. |
| 15 | | 16 | | 17 | | 18 | | 19 | | |
| Cheese Sticks M, W, Y | 31 | Mini French Toast W, Y, E, N | 37 | Popcorn Chicken, Y W | 14 | Orange Chicken W, Y, E, | 19 | Big Daddy Cheese Pizza M, W | 28 | Allergen Key: |
| Red Dipping Sauce | 5 | Pancake Syrup | 30 | Smiley Potatoes Y | 25 | Rice | 37 | Broccoli | 4 | M Milk |
| Cucumber Slices | 0 | Diced Ham | 0 | Sweet Corn | 8 | Edamame Y | 3 | Red Pepper Slices | 2 | E Eggs |
| Ranch Dressing M, E, Y | 2 | Carrot Baby | 6 | Peaches, Sliced | 14 | Carrot Baby | 6 | Ranch Dressing M, E, Y | 2 | F Fish |
| Chilled Pears | 15 | Black Beans | 10 | Milk (assorted) | 15 | Applesauce | 22 | Orange | 21 | S Shellfish (e.g., shrimp, lobster, crab) |
| Milk (assorted) | 15 | Mandarin Oranges | 20 | | | Milk (assorted) | 15 | Milk (assorted) | 15 | N Tree nuts (e.g., almonds, walnuts, peanuts) |
| | | Milk (assorted) | 15 | | | | | | | W Wheat |
| 22 | | 23 | | 24 | | 25 | | 26 | | Y Soybeans |
| | | 1 | | | | Make | | | | P Peanuts |
| | 7 | | | | | | | MAN | 7 | SS Sesame |
| | | CE ES | | | | Plaistma | | 5 | | |
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| | | man Co | \supset | | | - Dugge | - | | | |
| | | | | | | | | | | See District's Food Service |
| | | | | | | | | | | website for a la carte pricing |
| 29 | | 30 | | 31 | | | | (0) | | Questions regarding the Menu, |
| | | • | | | | 1/4 | // | مله | | Please contact |
| A | | CONA | | | | | $\stackrel{\sim}{=}$ | ATL | | Kevin Harris at: |
| | | CEIVI | | SCRO | | | / | ~~ | | |
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| | - | | | | | NEWYEAD |) | 711 | | Kharris@D15.org |
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Disclaimer about Carb counts

*Menu subject to change, notice given when possible

The carbohydrate information provided is to the best of our knowledge by information received from the product manufacturer.

Please note that food product substitutions made due to food shortages may alter the carbohydrate information indicated on the menu.