Middle School Lunch Menu

ND FARM TO SCHOOL MONTH AUG-SEPT 2019

*Salad Bar available daily with all entrees**Must Select one fruit or vegetable daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRY OUR YOGURT FRUIT PARFAITS 	**ENJOY our FARM FRESH FRUIT AND VEGGIES SERVED DAILY** 	****Sliced Tomatoes** ****Sliced Cucumbers** ****Romaine Lettuce** ****Spinach** ****Sliced Zucchini** ****Sliced Colored** ****Peppers** ****Cherry Tomatoes**	**22** **HOT ENTRÉE** Chicken Strips Bread Stick Deluxe Cheese Burger **COLD SANDWICH** PBJ Turkey and Cheese French Fries Milk: Variety	**23** **HOT ENTRÉE** Papa Murphy's Pizza Sloppy Joe **COLD SANDWICH** PBJ Assorted Sandwich Frozen Fruit Cup Milk: Variety
26 **HOT ENTREE** Chicken Fries Bread Stick Pizza Burger **COLD SANDWICH** PBJ Submarine **Baked Beans** Milk: Variety	**27** **HOT ENTRÉE** Super Cheesy Nachos *shredded BQ Pork Chicken Nuggets Bread Stick **COLD SANDWICH** PBJ Ham & Cheese Wrap Potato Wedges Milk: Variety	**28** **HOT ENTRÉE** Mini Corn Dogs Baked Potato with *diced ham/cheese / Rolls **COLD SANDWICH** PBJ Sandwich Ham and Cheese Vegetable Blend Milk: Variety	**29** **HOT ENTRÉE** Chicken Burger Fish Sticks Bread Stick **COLD SANDWICH** PBJ Turkey and Cheese Potato Smiles Milk: Variety	**30** **HOT ENTRÉE** Papa Murphy's Pizza PARFAIT- Yogurt **COLD SANDWICH** PBJ Assorted Sandwich Milk: Variety
2 LABOR DAY 	**3** **HOT ENTRÉE** Taco in Bag Deluxe Burger **COLD SANDWICH** PBJ Ham & Cheese Wrap Potato Wedges Milk: Variety	**4** **HOT ENTRÉE** Beef Hot Dog Chicken Alfredo Garlic Bread Stick **COLD SANDWICH** PBJ Ham and Cheese Green Beans Milk: Variety	**5** **HOT ENTRÉE** Popcorn Chicken Wrap Steak/Cheese on Bun **COLD SANDWICH** PBJ Turkey and Cheese Potato Smiles **Cheddar Chix Peas** Milk: Variety	**6** **HOT ENTRÉE** Papa Murphy's Pizza **Make your own Sub** **COLD SANDWICH** PBJ Baked French Fries Milk: Variety
9 **HOT ENTRÉE** French Bread Pizza Macaroni and Cheese Breadstick **COLD SANDWICH** PBJ Submarine Baked French Fries Milk: Variety	**10** **HOT ENTRÉE** Super Beefy Nachos Hot Turkey – Ham & Cheese on a Bun **COLD SANDWICH** PBJ Wrap **Bean and Cheese Dip** Batter Bite Potatoes Milk: Variety	**11** **HOT ENTRÉE** WG Chicken Drumstick Turkey and Gravy Rolls **COLD SANDWICH** PBJ Ham and Cheese Mashed Potatoes Pumpkin Custard Milk: Variety	**12** **HOT ENTRÉE** Pop Corn Chicken Bowl Garlic Bread Stick Cheese Burger **COLD SANDWICH** PBJ Turkey and Cheese Mashed Potatoes Milk: Variety	**13** **HOT ENTRÉE** Papa Murphy's Pizza Sloppy Joe **COLD SANDWICH** PBJ Assorted Sandwich Yogurt on salad bar Milk: Variety
16 **HOT ENTRÉE** Assorted Pizza 4x6 Lasagna Garlic Bread Stick **COLD SANDWICH** PBJ Italian Submarine Seasoned Corn Milk: Variety	**17** **HOT ENTRÉE** Beef & Cheese Burrito Chicken Strips Bread Stick **COLD SANDWICH** PBJ Wrap Batter Bite Potatoes Milk: Variety	**18** **HOT ENTRÉE** Corn Dog Teriyaki Chicken Bowl Steamed Broccoli Garlic Bread Stick **COLD SANDWICH** PBJ Ham and Cheese Rotini Noodles Milk: Variety	**19** **HOT ENTRÉE** Pizza Sticks / Sauce Steak Fajitas with *bacon cheddar ranch sauce **COLD SANDWICH** PBJ Turkey and Cheese **Baked Beans** Milk: Variety	**20 PRIDE OF DAKOTA DAY** **HOT ENTRÉE** Papa Murphy's Pizza Pot Roast- Rolls **COLD SANDWICH** PBJ Assorted Sandwich Fresh Roasted Potatoes and Carrots Milk: Variety

*contains Pork WG = Whole Grain **Please monitor all snacks for ingredients if you have food allergies**

Lunch Money due Aug. Pay at the District Food Service Office or the Middle School Cafe

Lunch Daily $3.05 **Monthly** $ 61.00 **Breakfast Daily** $1.95 **Monthly** $39.00

(Milk Choices offered are 1%, Skim and Chocolate Skim**.) EXTRA ENTRÉE IS $1.55**