Middle School Lunch Menu

Diabetic Sept 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 **HOT ENTRÉE** Chicken Fries-**15** Bread Stick-**15** Pizza Burger-**31** **COLD SANDWICH** Submarine-**40** PBJ **65 (WOW Butter)** Baked Beans-**24** Milk: Variety	**24** **HOT ENTRÉE** *Super Cheesy Nachos-**36** WG Chicken Nugget**s-15** Bread Stick-**15** **COLD SANDWICH** Ham & Cheese Wraps-**26** PBJ-**65** Potato Wedges-**15** Milk: Variety	**25** **HOT ENTRÉE** WG Mini Corn Dogs-**20** Baked Potato with *diced *Ham/Cheese-**25** Rolls-**20** **COLD SANDWICH** *Ham and Cheese-**30** PBJ-**65** Vegetable Blend Milk: Variety	**26** **HOT ENTREE** Chicken Burger-**15** Fish Sticks -**15** Bread Stick-**15** Fresh tomato slices **COLD SANDWICH** Turkey and Cheese-**30** PBJ-**65** Potato Smiles-**15** Milk: Variety	**27** **HOT ENTRÉE/38** Papa Murphy's Pizza-**38** Parfait-Yogurt with Granola-**80** **COLD SANDWICH** Sandwich-**30** PBJ-**65** Milk: Variety
30 **HOT ENTRÉE** Big Daddy's Pizza—**34** French Toast –**25** Omelet 2oz. Syrup-**25** **COLD SANDWICH** Submarine-**40** Tri Taters-**15** Milk: Variety WG Soy Butter/Jelly **65**	**1** **HOT ENTRÉE** Taco in Bag-**36** Hamburger on Bun-**31** **COLD SANDWICH** PBJ-**65** Ham & Cheese Wraps-**26** Potato Wedges-**15** Milk: Variety	**2** **HOT ENTRÉE** Beef Hot Dog-**31** Spaghetti-**30** Garlic Bread Stick- **15** **COLD SANDWICH** *Ham and Cheese-**30** PBJ-**65** Green Peas-**15** Milk: Variety	**3** **HOT ENTRÉE** Popcorn Chicken-**15** Wrap **25** Steak/Cheese on Bun-**31** **COLD SANDWICH** Turkey and Cheese-**30** PBJ-**65** Potato Smiles-**15** Cheddar Chix Peas-**13** Milk: Variety	**4** **HOT ENTRÉE** Papa Murphy's Pizza-**38** **Make your own Sub-40** **COLD SANDWICH** Baked French Fries-**15** PBJ-**65** Milk: Variety
7 **HOT ENTRÉE** French Bread Pizza – **30** Tatar Tot Casserole-**30** Breadstick-**15** **COLD SANDWICH** Turkey and Cheese-**30** PBJ **65** Green Beans Milk: Variety	**8** **HOT ENTRÉE** Super Beefy Nachos-**36** Hot Ham & Cheese on a Bun- **31** **COLD SANDWICH** Ham & Cheese Wraps-**26** PBJ-**65** Batter Bite Potatoes-**15** Refried Beans-**24** Milk: Variety	**9** **HOT ENTRÉE** Chicken Drumstick-**5** Meatballs/Gravy Roll/Margarine-**20** **COLD SANDWICH** *Ham and Cheese-**30** Mashed Potatoes-**15** Milk: Variety	**10** **HOT ENTRÉE** Popcorn Chicken-**15** Garlic Breadstick-**15** Cold Assorted Sub-**40** **COLD SANDWICH** PBJ-**65** Turkey and Cheese-**30** Mashed Potatoes-**15** Corn-**7** Gravy Milk: Variety	**11** **HOT ENTRÉE-38** Papa Murphy's Pizza-**38** Sloppy Joe-**31** **COLD SANDWICH** PBJ-**65** Sandwich-**30** Yogurt / Fruit-**27** Milk: Variety
14 **HOT ENTRÉE** Pizza 4x6-**33** Lasagna-**30** Garlic Bread Stick-**15** **COLD SANDWICH** Italian Submarine-**40** PBJ **65** Seasoned Corn-**15** Milk: Variety	**15** **HOT ENTRÉE** Beef & Cheese Burrito with Salsa -**25** Chicken Strips-**15** Bread Stick-**15** **COLD SANDWICH** Ham & Cheese Wraps-**26** PBJ-**65** Batter Bite Potatoes-**15** Milk: Variety	**16** **HOT ENTRÉE** Corn Dog-**30** Orange Chicken Stir-Fry **14** Steamed Broccoli Bread Stick-**15** **COLD SANDWICH** PBJ-**65** *Ham and Cheese-**30** Brown Rice **30** Milk: Variety	**17** **Teacher's** **Convention** **White Milk=13** **Chocolate Milk=23**	**18** **Teacher's** **Convention**

Strawberry Yogurt Parfait with granola = 80 gm Cho ***contains pork**

Cookie on Snack Bar = 28gms All other items on snack bar = see label

Salad Bar 1 scoop (1/4 cup)=10gm if **fresh**--Salad Bar1scoop(1/4cup)=15gm**canned**