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November 2022

Middle School Lunch Menu



MENU

Meal Price:
\$3.75
Milk Only:
\$0.50

MENU SUBJECT TO CHANGE

	Monday	Tuesday	Wednesday	Thursday	Friday
PIZZA GRAB it FAST PLANT BASED Fresh	Assorted Fruits & Vegetables offered daily based upon seasonal availability 1% White or Fat Free Chocolate offered daily	1 Burrito Bowl Bosco Sticks Chicken Tenders w/ Dip Cheeseburger/Hamburger Warm Falafel Wrap Italian Sub Fruit & Yogurt Parfait	2 Chicken & Waffles Four Cheese Pizza Slice Spicy Chicken Sandwich Meatball Sub MorningStar Farm Nuggets Chef Salad Hummus Bistro Box	3 Three Cheese Pasta Parmesan Cheezy Bites Dill Chicken Sandwich Cheeseburger/Hamburger Warm Falafel Wrap Turkey Sub Fruit & Yogurt Parfait	4 Potstickers w/ Teriyaki Sauce Cheese or Pepp Slice Chicken Sandwich All Beef Hot Dog Black Bean Burger Buffalo Chicken Salad Yogurt Bistro Box
	7 Chicken & Spud Bowl Cheese or Pepp Slice Chicken Sandwich All Beef Hot Dog Black Bean Burger Italian Salad Yogurt Bistro Box	8 	9 Breakfast Bowl w/ Chicken Sausage & Warm Cinn Roll Four Cheese Pizza Slice Spicy Chicken Sandwich Meatball Sub MorningStar Farm Nuggets® Chef Salad Hummus Bistro Box	10 Pasta w/ Meat Sauce Parmesan Cheezy Bites Dill Chicken Sandwich Cheeseburger/Hamburger Warm Falafel Wrap Turkey Sub Fruit & Yogurt Parfait	11 Tangerine Chicken w/ Rice Cheese or Pepp Slice Chicken Sandwich All Beef Hot Dog Black Bean Burger Buffalo Chicken Salad Yogurt Bistro Box
	14 BBQ Pork Sandwich Cheese or Pepp Slice Chicken Sandwich All Beef Hot Dog Black Bean Burger Italian Salad Yogurt Bistro Box	15 Burrito Bowl Bosco Sticks Chicken Tenders w/ Dip Cheeseburger/Hamburger Warm Falafel Wrap Italian Sub Fruit & Yogurt Parfait	16 Chicken & Waffles Four Cheese Pizza Slice Spicy Chicken Sandwich Meatball Sub MorningStar Farm Nuggets Chef Salad Hummus Bistro Box	17 Three Cheese Pasta Parmesan Cheezy Bites Dill Chicken Sandwich Cheeseburger/Hamburger Warm Falafel Wrap Turkey Sub Fruit & Yogurt Parfait	18 Potstickers w/ Teriyaki Sauce Cheese or Pepp Slice Chicken Sandwich All Beef Hot Dog Black Bean Burger Buffalo Chicken Salad Yogurt Bistro Box
	21 	22 	23 	24 	25
	28 Chicken & Spud Bowl Cheese or Pepp Slice Chicken Sandwich All Beef Hot Dog Black Bean Burger Italian Salad Yogurt Bistro Box	29 Taco's Bosco Sticks Chicken Tenders w/ Dip Cheeseburger/Hamburger Warm Falafel Wrap Italian Sub Fruit & Yogurt Parfait	30 Breakfast Bowl w/ Chicken Sausage & Warm Cinn Roll Four Cheese Pizza Slice Spicy Chicken Sandwich Meatball Sub MorningStar Farm Nuggets Chef Salad Hummus Bistro Box	What is a Lunch? Your student's choice of entree. A minimum of one fruit/veggie. A student can take up to three daily. We offer fresh seasonal produce daily! Milk is optional as part of the meal. We offer two varieties of milk daily. a la carte purchases Smart Snacks are available for purchase at South & Thomas Middle Schools. Visit our Department webpage for an updated price list.	