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September 2022

Middle School Lunch Menu



MENU

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

MENU SUBJECT TO CHANGE

Monday

Tuesday

Wednesday

Thursday

Friday

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.

Assorted Fruits & Vegetables offered daily based upon seasonal availability



1% White or



Fat Free Chocolate offered daily

Pasta w/ Meat Sauce
Parmesan Cheezy Bites
Dill Chicken Nuggets
Cheeseburger/Hamburger
Warm Falafel Wrap
Turkey Sub
Fruit & Yogurt Parfait

Tangerine Chicken w/ Rice
Cheese or Pepp Slice
Chicken Sandwich
All Beef Hot Dog
Black Bean Burger
Buffalo Chicken Salad
Yogurt Bistro Box

5

Burrito Bowl

Bosco Sticks

Chicken Tenders w/ Dip
Cheeseburger/Hamburger

Warm Falafel Wrap

Italian Sub
Fruit & Yogurt Parfait

6

Chicken & Waffles

Cheese Pizza Slice

Spicy Chicken Sandwich
Honey Beef Rib Sub

MorningStar Farm Nuggets®

Chef Salad
Hummus Bistro Box

7

Three Cheese Pasta

Parmesan Cheezy Bites

Dill Chicken Nuggets
Cheeseburger/Hamburger

Warm Falafel Wrap

Turkey Sub
Fruit & Yogurt Parfait

8

Potstickers w/ Rice

Cheese or Pepp Slice

Chicken Sandwich
All Beef Hot Dog

Black Bean Burger

Buffalo Chicken Salad
Yogurt Bistro Box

9

12

Chicken & Spud Bowl

Cheese or Pepp Slice

Chicken Sandwich
All Beef Hot Dog

Black Bean Burger

Italian Salad
Yogurt Bistro Box

13

Street Tacos

Bosco Sticks

Chicken Tenders w/ Dip
Cheeseburger/Hamburger

Warm Falafel Wrap

Italian Sub
Fruit & Yogurt Parfait

14

Breakfast Bowl

Four Cheese Pizza Slice

Spicy Chicken Sandwich
Honey Beef Rib Sub

MorningStar Farm Nuggets

Chef Salad
Hummus Bistro Box

15

Pasta w/ Meat Sauce

Parmesan Cheezy Bites

Dill Chicken Nuggets
Cheeseburger/Hamburger

Warm Falafel Wrap

Turkey Sub
Fruit & Yogurt Parfait

16

Tangerine Chicken w/ Rice

Cheese or Pepp Slice

Chicken Sandwich
All Beef Hot Dog

Black Bean Burger

Buffalo Chicken Salad
Yogurt Bistro Box

19

BBQ Pork Sandwich

Cheese or Pepp Slice

Chicken Sandwich
All Beef Hot Dog

Black Bean Burger

Italian Salad
Yogurt Bistro Box

20

Burrito Bowl

Bosco Sticks

Chicken Tenders w/ Dip
Cheeseburger/Hamburger

Warm Falafel Wrap

Italian Sub
Fruit & Yogurt Parfait

21

Chicken & Waffles

Cheese Pizza Slice

Spicy Chicken Sandwich
Honey Beef Rib Sub

MorningStar Farm Nuggets®

Chef Salad
Hummus Bistro Box

22

Three Cheese Pasta

Parmesan Cheezy Bites

Dill Chicken Nuggets
Cheeseburger/Hamburger

Warm Falafel Wrap

Turkey Sub
Fruit & Yogurt Parfait

23

Potstickers w/ Rice

Cheese or Pepp Slice

Chicken Sandwich
All Beef Hot Dog

Black Bean Burger

Buffalo Chicken Salad
Yogurt Bistro Box

26

Street Tacos

Bosco Sticks

Chicken Tenders w/ Dip
Cheeseburger/Hamburger

Warm Falafel Wrap

Italian Sub
Fruit & Yogurt Parfait

27

Breakfast Bowl

Cheese Pizza Slice

Spicy Chicken Sandwich
Honey Beef Rib Sub

MorningStar Farm Nuggets

Chef Salad
Hummus Bistro Box

28

Pasta w/ Meat Sauce

Parmesan Cheezy Bites

Dill Chicken Nuggets
Cheeseburger/Hamburger

Warm Falafel Wrap

Turkey Sub
Fruit & Yogurt Parfait

29

Tangerine Chicken w/ Rice

Cheese or Pepp Slice

Chicken Sandwich
All Beef Hot Dog

Black Bean Burger

Buffalo Chicken Salad
Yogurt Bistro Box

30

NO
School
Today