

February 2012 MIDDLE SCHOOL MENU



MEAL PRICES
Student Breakfast \$1.10
Student Lunch \$2.55
Adult Lunch \$4.10
Menu subject to change.

SERVED DAILY - Fresh Veggies & Fruit, Baby Carrots, Peppers, Tomatoes, Salad, Apples & Oranges
 Daily Milk Choices: Fat Free, 1% White, 1% Chocolate & 1% Strawberry

	1/30/2012	1/31/2012	2/1/2012	2/2/2012	2/3/2012
	Choose one:	Choose one:	Choose one:	Choose one:	Choose one:
Meat/	Italian Chicken Tenders on a Roll	Chicken & Biscuits w/ Gravy	Mashed Potato Bowl w/ Meatballs, Corn & Gravy & Roll	Tangerine Chicken & Brown Rice	Taco w/ Mexican Rice
Meat Alternate &	Beef Sloppy Joe on Bun	Pork BBQ on Bun	Cheeseburger on Bun	Ham & Cheese Hoagie w/ Fixings	Hamburger on Bun
Grains /	Breaded Chicken Pattie on Bun	Chicken Fajita & Cheese Wrap	Oven Roasted Chicken w/ Fresh Roll	Meatball Parmesan Hoagie	Grilled Chicken Parmesan on a Bun
Breads	Italian Wrap	Fresh Veggie Wrap w/ Pretzels	Turkey & Cheese Hoagie	Fish Sandwich	Grilled Cheese Sandwich w/ Tomato Soup
	Salad Bar w/ 5" Round Pizza or Bagel	Salad Bar w/ Max Sticks w/Sauce or Bagel	Salad Bar w/ Stuffed Crust Pizza or Bagel	Salad Bar w/ Twisted Edge Pizza or Bagel	Salad Bar w/ Max Sticks w/Sauce or Bagel
	Choose 2-3:	Choose 2-3:	Choose 2-3:	Choose 2-3:	Choose 2-3:
Veggies & Fruits	Baked Butter Beans	Mashed Potatoes w/ Gravy	Seasoned Green Peas & Carrot Coins	Steamed Broccoli & Cauliflower	Whole Kernel Corn
	Fresh Romaine Lettuce Salad	Fresh Baby Carrots w/ Dip	Fresh Garden Salad	Fresh Veggies w/ Dip	Fresh Romaine Lettuce Salad
	Fresh Orange Wedges	Apple Crisp	Sliced Pears & Red Grapes	Sliced Peaches	Warm Apple Slices
	Choose one:	Choose one:	Choose one:	Choose one:	Choose one:
Meat/	Pasta & Meatballs w/ Roll	Blueberry Pancakes & Sausage Pattie	Egg, Ham & Cheese on a Bagel	Chili & Beans w/ Corn Muffin	Cheesy Pierogies w/ Onions & Roll
Meat Alternate &	Beef Sloppy Joe on Bun	Pork BBQ on Bun	Cheeseburger on Bun	Ham & Cheese Hoagie w/ Fixings	Hamburger on Bun
Grains /	Breaded Chicken Pattie on Bun	Chicken Fajita & Cheese Wrap	Oven Roasted Chicken w/ Fresh Roll	Meatball Parmesan Hoagie	Grilled Chicken Parmesan on a Bun
Breads	Italian Wrap	Fresh Veggie Wrap w/ Pretzels	Turkey & Cheese Hoagie	Fish Sandwich	Grilled Cheese Sandwich w/ Tomato Soup
	Salad Bar w/ 5" Round Pizza or Bagel	Salad Bar w/ Max Sticks w/Sauce or Bagel	Salad Bar w/ Stuffed Crust Pizza or Bagel	Salad Bar w/ Twisted Edge Pizza or Bagel	Salad Bar w/ Max Sticks w/Sauce or Bagel
	Choose 2-3:	Choose 2-3:	Choose 2-3:	Choose 2-3:	Choose 2-3:
Veggies & Fruits	Seasoned Green Beans	Green Peas	Baked Potato Rounds	Cheesy Brussels Sprouts	Fresh Grilled Veggies
	Fresh Broccoli & Cauliflower w/ Dip	Fresh Orange Wedges	Fresh Romaine Lettuce Salad	Fresh Spinach Salad w/ Dressing	Fresh Garden Salad
	Sliced Peaches	Warm Apple Slices	Mixed Fruit	Applesauce	Sliced Pears w/ Red Grapes
	Choose one:	Choose one:	Choose one:	Choose one:	NO SCHOOL
Meat/	Cheese Steak in a Bun	Taco w/ Fixings Bar	Fish Nuggets w/ Warm Biscuit	Roast Pork & Gravy w/ Dinner Roll	Soup Served Daily with Crackers: Monday: Chicken Vegetable Soup Tuesday: Minestrone Soup Wednesday: Chicken & Veggie Rice Soup Thursday: Beef Noodle w/ Veggies Soup Friday: Tomato Soup
Meat Alternate &	Beef Sloppy Joe on Bun	Pork BBQ on Bun	Cheeseburger on Bun	Ham & Cheese Hoagie w/ Fixings	
Grains /	Breaded Chicken Pattie on Bun	Chicken Fajita & Cheese Wrap	Oven Roasted Chicken w/ Fresh Roll	Meatball Parmesan Hoagie	
Breads	Italian Wrap	Fresh Veggie Wrap w/ Pretzels	Turkey & Cheese Hoagie	Fish Sandwich	
	Salad Bar w/ 5" Round Pizza or Bagel	Salad Bar w/ Max Sticks w/Sauce or Bagel	Salad Bar w/ Stuffed Crust Pizza or Bagel	Salad Bar w/ Twisted Edge Pizza or Bagel	
	Choose 2-3:	Choose 2-3:	Choose 2-3:	Choose 2-3:	
Veggies & Fruits	Whole Kernel Corn	Seasoned Green Beans	Baked Butter Beans	Mashed Potatoes w/ Gravy	
	Fresh Romaine Lettuce Salad	Fresh Garden Salad	Seasoned Carrots	Fresh Veggies w/ Dip	
	Sliced Peaches	Peaches w/ Grapes	Baked Apple Crisp	Mixed Fruit w/ Fresh Grapes	
	Choose one:	Choose one:	Choose one:	Choose one:	
	NO SCHOOL	Choose one:	Choose one:	Choose one:	Choose one:
Meat/	DOMINO'S PIZZA Indian Crest - Tuesday Indian Valley - Friday Second Slice w/ Lunch - \$2.10	Baked Meatloaf & Gravy w/ Dinner Roll	Fluffy Scrambled Eggs w/ Biscuit	Baked Chicken Nuggets w/ Warm Biscuit	Pasta & Meatballs w/ Roll
Meat Alternate &		Pork BBQ on Bun	Cheeseburger on Bun	Ham & Cheese Hoagie w/ Fixings	Hamburger on Bun
Grains /		Chicken Fajita & Cheese Wrap	Oven Roasted Chicken w/ Roll	Meatball Parmesan Hoagie	Grilled Chicken Parmesan on a Bun
Breads		Fresh Veggie Wrap w/ Pretzels	Turkey & Cheese Hoagie	Fish Sandwich	Grilled Cheese Sandwich w/ Tomato Soup
		Salad Bar w/ Max Sticks w/Sauce or Bagel	Salad Bar w/ Stuffed Crust Pizza or Bagel	Salad Bar w/ Twisted Edge Pizza or Bagel	Salad Bar w/ Max Sticks w/Sauce or Bagel
	Choose 2-3:	Choose 2-3:	Choose 2-3:	Choose 2-3:	
Veggies & Fruits	All items on this menu are baked or steamed. We do not have or use deep fryers anywhere in the district.	Mashed Potatoes w/ Gravy	Baked Potato Wedge	Baked Beans	Seasoned Green Beans
		Fresh Lettuce and Tomato Salad	Fresh Orange Wedges	Assorted Fresh Veggies	Fresh Garden Salad
		Mixed Fruit & Fresh Grapes	Baked Cherry Crisp	Applesauce	Sliced Pears & Red Grapes

Ala Carte Prices: Bagged Snacks - \$.25 & \$.65 Milk, 4 oz Juice or 8 oz. Water - \$.50