



# 2024 Middle School Lunch

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
				1 NO SCHOOL	4	5
4 Hamburger Chips Fruit & Milk	5 Chicken Tenders Veggie Fruit & Milk	6 Pretzel String Cheese Fruit & Milk	7 Taco Refried beans Fruit & Milk	8 Uncrustable Gold Fish String cheese Fruit & Milk	9	10
11 Pizza Salad Bar Fruit & Milk	12 Chicken Patty Broccoli & Cheese Fruit & Milk	13 Cheese Ravioli Salad Bar Fruit & Milk	14 Walking Taco Rice Fruit & Milk	15 Ham Sub Chips Fruit & Milk	16	17
18 SPRING BREAK	19 SPRING BREAK	20 SPRING BREAK	21 SPRING BREAK	22 SPRING BREAK	23	24
25 Hammy Sammy Sun Chips Fruit & Milk	26 Chicken Nuggets Green Beans Fruit & Milk	27 Calzone Sweet Potato Fries Fruit & Milk	28 Macaroni & Cheese Gold Fish Fruit & Milk	29 NO SCHOOL	30	31

## notes

Breakfast & Lunch is Free to all Students. This institution is an equal opportunity provider and employer menu is subject to change.

### SCHOOL LUNCHES....THE FACTS:

1. Fresh fruit and a Vegetable bar offered daily. 2. No transfat in the food offered. 3. All breads and grains offered all whole grain. 4. Calories are limited for different grade levels. 5. Only non-fat and flavored non-fat milk offered. 6. Students must choose a fruit or veggie with their meal. 7. Reduced sodium items such as cheese, taco meat, turkey breast, pizza and more are purchased. 8. Low fat dressings for salads are offered.