

**MIDDLE SCHOOL MENU 2009-2010**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
<b>CYCLE I</b> Sept 14 Oct 5 Oct 26 Nov 16 Dec 7	Hamburger/Cheeseburger Breaded Chicken Sandwich Bowtie Pasta/Alfredo/Cheese Vegetarian Salad Shaker  California Blend Roasted Potato Medley Tossed Salad Fruit Cocktail & Apple Mix Gelatin	Hamburger/Cheeseburger Nacho Grande Cheese Enchiladas Deli Wrap  Broccoli Florets Spanish Rice Refried Beans w/Cheese Pineapple w/Cherries Gelatin	Hamburger/Cheeseburger Chicken Fried Steak/W Roll Corn Dog Tuna Salad Sandwich  Mashed Potatoes Green Peas & Carrots Tossed Salad Mandarin Oranges Gelatin	Hamburger/Cheeseburger Calzone w/Marinara Pizza Sticks/Marinara Sauce Vegetarian Salad Shaker  Fresh Carrots & Dip Green Beans Cauliflower Au Gratin Chilled Sliced Peaches Gelatin	Turkey Burger Cheese/Pepperoni Pizza Crispy Fish/Corn Muffin Chicken Salad Sandwich  Turkey Noodle Soup Seasoned Corn Broccoli Florets Seasonal Fresh Fruit Gelatin	<b>CYCLE I</b> Jan 11 Feb 1 Feb 22 Mar 22 Apr 12 May 3 May 24
<b>CYCLE II</b> Aug 31 Sept 21 Oct 12 Nov 2 Nov 23 Dec 14	Hamburger/Cheeseburger Philly Steak Sandwich Orange Chicken/Rice Vegetarian Salad Shaker  Stir Fry Mixed Vegetables Egg Roll Carrots & Cucumber/Dip Chilled Sliced Pineapple Gelatin	Hamburger/Cheeseburger Chili Cheese Nachos Burrito Deli Wrap  Fiesta Black Beans Caesar Salad Spanish Rice Fruit Cocktail & Apple Mix Gelatin	Hamburger/Cheeseburger Chicken Nuggets/W Roll Grilled Cheese Sandwich Tuna Salad Sandwich  California Blend Vegetable Soup Chilled Sliced Pears Wacky Cake Gelatin	Hamburger/Cheeseburger Lasagna/Wheat Roll Grilled Chicken Sandwich Vegetarian Salad Shaker  Spring Mix Salad Califlower Au Gratin Italian Green Beans Seasonal Fresh Fruit Gelatin	Turkey Burger Cheese/Pepperoni Pizza Fish on Bun Chicken Salad Sandwich  Tossed Salad Seasoned Corn Coleslaw Fresh Orange Wedges Gelatin	<b>CYCLE II</b> Jan 18 Feb 8 Mar 1 Mar 29 Apr 19 May 10 May 31
<b>CYCLE III</b> Sept 7 Sept 28 Oct 19 Nov 9 Nov 30	Hamburger/Cheeseburger Shrimp Poppers/Corn Muffin Hot Dog Vegetarian Salad Shaker  Macaroni & Cheese California Blend Veggies Blueberry Parfait Chilled Apricots Gelatin	Hamburger/Cheeseburger Nacho Grande Chicken Strips w/Biscuit Deli Wrap  Broccoli Florets Ranch Style Beans Tortilla Soup Chilled Sliced Pears Gelatin	Hamburger/Cheeseburger Oven Fried Chicken/W Roll Steak Fingers/W Roll Tuna Salad Sandwich  Tossed Salad Mashed Potatoes Mixed Vegetables Mandarin Oranges Gelatin	Hamburger/Cheeseburger Spaghetti/Meat Sc/Garlic Toast Hot & Spicy Chicken Sandwich Vegetarian Salad Shaker  Caesar Salad Italian Green Beans Warm Cinnamon Apples Fresh Orange Wedges Gelatin	Turkey Burger Cheese/Pepperoni Pizza Barbeque Sandwich Chicken Salad Sandwich  Stir Fry Vegetables Tossed Salad Seasoned Corn Seasonal Fresh Fruit Gelatin	<b>CYCLE III</b> Jan 4 Jan 25 Feb 15 Mar 8 Apr 5 Apr 26 May 17

\*Vegetarian Salads & Veggie Burgers available upon request

\*Proposed Menu - subject to change based on - nutrient analysis, item availability, price fluctuations.