

Middle School

Lunch Menu



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February
2024

MONDAY

1

THURSDAY

Classic Cafe' Corn Dog

Harvest Cheddar Sunchip, Baked Beans, Red/Orange Bell Pepper, Applesauce. Fresh Grapes

Pizza Parlor Pepperoni Pizza

Grab & Go Ham Deli Sub Sandwich, Crispy Chicken Wrap

Milk 1% Unflavored Milk, Fat Free Chocolate Milk

TUESDAY

2

FRIDAY

Classic Cafe' Chicken Alfredo w/Pasta

Garlic Toast, Roasted Broccoli, Red/Orange Bell Pepper, Diced Pears, Fresh Grapes

Diner Crispy Chicken Sandwich

Grab & Go Ham Deli Sandwich, Chicken Caesar Wrap

Milk 1% Unflavored Milk, Fat Free Chocolate Milk

WEDNESDAY

EXTRA INFO

Harvest of the Month



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www.taheer.com

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5

MONDAY

Classic Cafe' Beef Hot Dog on a Bun

Golden Crinkle Cut French Fries,
Baby Carrots, Peaches, Diced

Diner Cheeseburger on a Bun

Grab & Go Turkey Deli Sub Sandwich, Pretzel
Bites Yogurt Pak Munchable,
Garden Vegetable Salad

Milk 1% Unflavored Milk, Fat Free
Chocolate Milk

8

THURSDAY

Classic Cafe' Beef & Cheese Quesadilla

Salsa, Black Beans, Baby
Carrots, Applesauce

Pizza Parlor Sausage Pizza

Grab & Go Turkey Deli Sub Sandwich, Pretzel
Bites Yogurt Pak Munchable,
Garden Vegetable Salad

Milk 1% Unflavored Milk, Fat Free
Chocolate Milk

6

TUESDAY

Pasta with Meat Sauce, Whole
Grain Dinner Roll, Roasted Broccoli,
Baby Carrots, Mixed Canned Fruit, B

Pizza Parlor Cheese Pizza

Grab & Go Turkey Ham Deli Sandwich, Pretzel
Bites Yogurt Pak Munchable,
Garden Vegetable Salad

Milk 1% Unflavored Milk, Fat Free
Chocolate Milk

9

FRIDAY

Classic Cafe' French Bread Italian Dunkers

Marinara Sauce, California Blend
Vegetable, Baby Carrots, Diced
Pears

Diner Spicy Chicken Patty on Bun

Grab & Go Turkey Deli Sub Sandwich, Pretzel
Bites Yogurt Pak Munchable,
Garden Vegetable Salad

Milk 1% Unflavored Milk, Fat Free
Chocolate Milk

7

WEDNESDAY

Chicken Bites w/ Sweet & Sour
Sauce, Brown Rice, Steamed Peas,
Baby Carrots

HOM KIWI

Diner Corn Dog

Grab & Go Turkey Deli Sub Sandwich, Pretzel
Bites Yogurt Pak Munchable,
Garden Vegetable Salad

Milk 1% Unflavored Milk, Fat Free
Chocolate Milk

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MONDAY

Classic Cafe' Beef Chili

Whole Grain Dinner Roll , Potato Wedges, Cherry Tomato, Peaches, Diced

Diner BBQ Rib Sandwich

Grab & Go Turkey Ham Deli Sub Sandwich, Honey Mustard Ham Wrap, Chef Salad

Milk 1% Unflavored Milk, Fat Free Chocolate Milk

15

THURSDAY

Classic Cafe' Chicken Alfredo w/Pasta

Whole Grain Dinner Roll, Steamed Green Beans, Cherry Tomato, Applesauce

Pizza Parlor Pepperoni Pizza

Grab & Go Turkey Ham Deli Sandwich, Honey Mustard Ham Wrap, Chef Salad

Milk 1% Unflavored Milk, Fat Free Chocolate Milk

13

TUESDAY

Classic Cafe' Macaroni & Cheese

Whole Grain Dinner Roll, Roasted Broccoli, Cherry Tomato, Mixed Canned Fruit

Pizza Parlor Cheese Pizza

Grab & Go Turkey Ham Deli Sandwich, Honey Mustard Ham Wrap, Chef Salad

Milk 1% Unflavored Milk, Fat Free Chocolate Milk

16

FRIDAY

Classic Cafe' Walking Taco

Mexican Brown Rice, Salsa, Lettuce, Tomato and Cheese, Black Beans, Cherry Tomato, Peaches, Diced

Diner Fish Nuggets

Grab & Go Turkey Ham Deli Sandwich, Honey Mustard Ham Wrap, Chef Salad

Milk 1% Unflavored Milk, Fat Free Chocolate Milk

14

WEDNESDAY

Classic Cafe' Fish Sandwich with Cheese

Harvest Cheddar Sunchip, California Blend Vegetable, Cherry Tomato, HOM - Pickled Beet, Pineapple Tidbi

Diner Corn Dog

Grab & Go Turkey Ham Deli Sandwich, Honey Mustard Ham Wrap, Chef Salad

Milk 1% Unflavored Milk, Fat Free Chocolate Milk

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MONDAY

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THURSDAY

Classic Cafe' Pasta with Meat Sauce

Whole Grain Dinner Roll, Roasted Broccoli, Cherry Tomato, Applesauce. Fresh Grapes

Pizza Parlor Pepperoni Pizza

Grab & Go Ham and Cheese Charcuterie, Turkey BLT Wrap, Chicken Caesar Salad

Milk 1% Unflavored Milk, Fat Free Chocolate Milk

20

TUESDAY

Classic Cafe' Beef Hot Dog on a Bun

Golden French Fries, Roasted Corn, Cherry Tomato, Mixed Canned Fruit

Pizza Parlor Cheese Pizza

Grab & Go Ham and Cheese Charcuterie, Turkey BLT Wrap, Chicken Caesar Salad

Milk 1% Unflavored Milk, Fat Free Chocolate Milk

23

FRIDAY

Classic Cafe' French Toast Sticks

Egg Patti with Cheese, Glazed Carrots, Cherry Tomato, Diced Pears

Diner Spicy Chicken Patty on Bun

Grab & Go Ham and Cheese Charcuterie, Turkey BLT Wrap, Chicken Caesar Salad

Milk 1% Unflavored Milk, Fat Free Chocolate Milk

21

WEDNESDAY

Classic Cafe' Chicken and Cheese Quesadilla

Salsa, Refried Beans, Cherry Tomato, Pineapple Tidbits

Diner Corn Dog

Grab & Go Ham and Cheese Charcuterie, Turkey BLT Wrap, Chicken Caesar Salad

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MONDAY

- Classic Cafe'** Grilled Ham & Cheese Sandwich
Harvest Cheddar Sunchip, Green Beans, Baby Carrots, Peaches, Diced
- Diner** Cheeseburger on a Bun
- Grab & Go** Turkey Ham Deli Sandwich, Chip ,Cheese,Salsa, Crispy Chicken Salad
- Milk** 1% Unflavored Milk, Fat Free Chocolate Milk

29

THURSDAY

- Classic Cafe'** Sweet & Sour Chicken
Brown Rice, California Blend Vegetable, Baby Carrots, Applesauce
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Turkey Deli Sandwich, Crispy Chicken Salad
- Milk** 1% Unflavored Milk, Fat Free Chocolate Milk

27

TUESDAY

- Classic Cafe'** Crispy Chicken Sandwich
Black Beans, Baby Carrots, Mixed Canned Fruit, Banana
- Pizza Parlor** Cheese Pizza
- Grab & Go** Turkey Ham Deli Sandwich, Crispy Chicken Salad
- Milk** 1% Unflavored Milk, Fat Free Chocolate Milk

FRIDAY

28

WEDNESDAY

- Classic Cafe'** Meatballs and Gravy
Whole Grain Dinner Roll , Mashed Potatoes, Baby Carrots, Pineapple Tidbits, Banana
- Diner** Corn Dog
- Grab & Go** Turkey Ham Deli Sandwich, Crispy Chicken Salad
- Milk** 1% Unflavored Milk, Fat Free Chocolate Milk

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