



# Middle School Menu

## MARCH 2024



March is National Nutrition Month

BEYOND the TABLE

visit eatright.org for more info.

### Meal Prices:

Breakfast: \$2.00

Lunch: \$3.00

Premium

Meal: \$3.25

Bottled Water:

\$1.00

Milk: \$.75

Juice: \$.65

Additional Entree

\$2.50

Side item: \$.75

### What is a complete meal

Breakfast includes:

3 food items,  
1 must be a fruit

Lunch includes:

3 food components,  
1 must be a fruit or  
vegetable

### Milk Options:

1% White  
Skim White  
1% Chocolate

Pork Product

\*All bread products  
are Whole Grain

**\*All deli  
meat & hot  
dog varieties  
are turkey  
products.**

<h2>Celebrate National School Breakfast Week</h2> <h3>March 4-8</h3>					1 Mini Pancakes
					<b>Golden Fish on Bun</b> Warm Green Beans Mixed-up Fruit Milk of Choice
4 Ultra Bread	5 Goody Ring	6 <b>*New Entree*</b> Pancake Bites	7 Bagelicious	8 Warm Muffin	
<b>Pizza Rippers</b> Warm Green Beans CINNAMON Pears Milk of Choice	 <b>GOLDEN</b> Corn Berries in a Cloud Milk of Choice	<b>BBQ Chicken Meatballs</b> Mac & Cheese <b>X-RAY VISION</b> Carrots Sweet Strawberries Milk of Choice	<b>Spaghetti with Meatsauce</b> Garlic Knot <b>Steamed Broccoli</b> Chilled Applesauce Milk of Choice	<b>Cheese Calzone with Marinara</b> Baked Beans Mixed Berry Cup Milk of Choice	
11 Mini Cinni	12 Breakfast Bun	13 <b>*New Entree*</b> Mini Caramel	14 Mini French Toast	15 Mega Cereal Bar	
<b>Max Snaxs</b> Sweet Potato Fries Fruit Sidekick Milk of Choice	 Broccoli with Cheese Warm Apples Milk of Choice	<b>Chicken Queso Nachos</b> <b>ROCKIN</b> Refried Beans Pineapple Tidbits Milk of Choice	<b>Orange Chicken</b> Steamed Rice Warm Green Beans Perfect Peaches Milk of Choice	<b>Three Cheese Cavatappi</b> <b>POWER PACKED</b> Peas Chilled Pears Milk of Choice	
<h2>Spring Break March 18-22</h2> <h3>Relax &amp; Enjoy</h3>					
25 Frosted Poptart	26 Glazed Blueberry Donut Holes	27 Breakfast Cluster	28 Maple Waffle	29 Breakfast Pastry	
<b>Taco Pizza</b> <b>ROCKIN</b> Refried Beans Sweet Applesauce Milk of Choice	 Warm Green Beans Mixed-up Fruit Milk of Choice	<b>HALF DAY</b> <b>Biscuits &amp; Gravy</b> Sausage Links Crispy Hashbrowns Fresh Sliced Apples Milk of Choice	<b>Chicken Alfredo</b> Garlic Texas Toast <b>Steamed Broccoli</b> Mandarin Oranges Milk of Choice	<b>Cheese Pizzaboli</b> <b>X-RAY VISION</b> Carrots 100% Fruit Gels Milk of Choice	



2024 NATIONAL NUTRITION MONTH

A CAMPAIGN BY  
THE ACADEMY OF NUTRITION AND DIETETICS

### Daily Breakfast Side Options:

\*Fresh Fruit,  
Dry or Frozen  
Fruits

\*4 oz 100% Juice

\*Milk of Choice

**Several  
Additional  
Lunch Entrees  
available:**  
varies by school

### Daily Lunch Side Options:

\*Fresh Fruit

\*Assorted Canned/  
Frozen Fruits

\*4 oz 100% Juice

\*Additional  
Vegetable  
Selection

**Menu subject to change**  
 "This institution is an equal opportunity provider"