



Middle School Menu

SY 23-24



MILK & FRESH FRUITS DAILY

BREAKFAST	MON	TUE	WED	THU	FRI
	Bagel & Cream Cheese OR Low Sugar Cereal Cup	Bagel & Cream Cheese OR Whole Grain Muffin & Yogurt	Bagel & Cream Cheese OR Granola Bar & String Cheese	Bagel & Cream Cheese OR Rotating Special	Bagel & Cream Cheese OR Smoothie & Graham Crackers

WEEK A	MON	TUE	WED	THU	FRI
	Mac 'n Cheese w/ Falafel Bites	Harvest Chicken Stew w/ Dinner Roll	B(uild)YO Burger Bar, Fries	Raven Recipes	Bosco Stick w/ Garbanzo Caesar Salad

WEEK B	MON	TUE	WED	THU	FRI
	Beef, Bean & Cheese Nacho Bar	Chicken Nuggets w/ Choice of Sauce	B(uild)YO Pasta Bar, Garlic Toast	Raven Recipes	French Bread Cheese Pizza

DAILY OPTIONS					
	Yogurt Parfait	Turkey & Cheese Deli Sandwich	Tofu & Veggie Wrap w/ Sunbutter Sauce	Winter Salad	Hot Spicy or Regular Chicken Sandwich
					Cheese Pizza



MILK, FRESH FRUITS AND VEGETABLES DAILY