



# MIDDLE SCHOOL MENU 2016 2017



January 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Available Daily
French Toast Sticks	Pancake Wrap & Cereal	Egg&Cheese Sandwich or	Egg & Cheese Burrito	Breakfast Pizza	Juice & Fruit
Breakfast Bar/Cereal	Poptarts	Donuts	Muffin and Cereal	Poptarts	1% or fat free milk

## LUNCH MENU WEEKS 1 THROUGH 3

Nutritional and Allergy information available on line

Pizza BBQ Chicken Sandwich Corn Fresh Carrot Sticks Pears	Cheese Burger Deluxe Pasta & Garlic Toast Broccoli Garden Salad Pineapple	Nacho Bites Enchilada Refried Beans / Brown Rice Garden Salad Applesauce	Country Chicken Chicken Leg Mashed Potatoes / Gravy Cherry Tomatoes Fruit Medley / Dinner Roll	Bosco Stick Spicy Chicken Sandwich Broccoli Cucumber Slices Peaches	<b>Available Daily</b> Chef Salads Turkey Sandwich or Wrap & PBJ Fresh Fruit & Milk
Cheese Burger Deluxe Chicken Nuggets Sprial Mac & Cheese Cooked Carrots/ Sliced Cucumber Applesauce	BBQ Rib Sandwich Corn Dog Smiley Fries Garden Salad Mandarin Oranges	Taco / Walking Taco Nacho Supreme / Fajita Refried Beans / Brown Rice Red Peppers Peaches	Breaded Chicken Sandwich Pasta & Bread Stick Corn Garden Salad Pineapple	Potato Skins with Chili & Cheese Chili Cheese Dog Green Beans Fresh Broccoli Roll / 100% Fruit Juice	<b>Available Daily</b> Chef Salads Turkey Wrap or Sandwich & PBJ Fresh Fruit & Milk
Pizza Crunchers Chili Mac & Fritos Corn Garden Salad Peaches	Chicken Tenders / Roll Fire House Burger Deluxe Baked Beans Sliced Cucumber Mandarin Oranges	Breaded Chicken Sandwich Pancakes & Sausage Hashbrowns Red Peppers Pears	Oriental Chicken Sriracha Chicken Nuggets Brown rice Green Beans Cherry Tomatoes / Fruit Medley	Bosco Sticks Marinara Sauce Meatball Sandwich Steamed Broccoli / Carrot Sticks Applesauce	<b>Available Daily</b> Chef Salads Turkey Sandwich or Wrap & PBJ Fresh Fruit & Milk

August 22, September 12, October 3, October 24, November 14, December 5, January 9, January 30, February 20, March 13, April 10, May 1, May 22,

August 29, September 19, October 10, October 31, November 21 December 12, January 16, February 6, February 27, March 20, April 17, May 8, May 29

September 5, September 26, October 17, November 7, November 28, January 2, January 23, February 13, March 6, April 3, April 24, May 15,

*Crown Point Schools know education and good nutrition go together so our students are encouraged to take fruits and vegetables with each meal. Meals, foods and beverages sold or served at schools meet state and federal requirements which are based on the [USDA Dietary Guidelines](#). We provide students with access to a variety of affordable and appealing foods that meet the health and nutrition needs of students.*

*Healthier US School Challenge Silver Award Recipeint 2011 - 2014  
Healthier US School Challenge Bronze Award Recipeint 2016 - 2019*

**Breakfast Meal \$1.30**  
**Lunch Meal \$2.35**



*Physical Activity is important everyday*

