## 2022 2023 CPCSC MIDDLE SCHOOL BREAKFAST & LUNCH MENU



ΜΟΝΠΔΥ	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		February			
MONDA	10235/11	VVEDITEOD/ (1	THO NODA (1	11110711	М	Т	W	TH	F
BREAKFAST ALL WEEKS WG Cream Cheese Bagel WG French toast Sticks Juice, Fruit & Milk	WG Cereal 2 grain WG Oatmeal bar Juice, Fruit & Milk	WG Banana Bread WG Cinni Minni Juice, Fruit & Milk	WG Confetti Pancakes Whole Grain Donut Juice, Fruit & Milk	WG Poptarts WG Pancake Wrap Juice, Fruit & Milk	6 13				3 10 17
							22	23	24
	WG Pizza	WG Turkey Sub Lo	ow Fat Milk		27	28			
WG BBQ Chicken Sandwich WG Chicken Nuggets Steamed Broccoli / Carrot Sticks Canned Fruit / Fresh Fruit	WG Taco / WG Nacho Corn / Spanish Rice Tomatoes Canned Fruit / Fresh Fruit	Pasta with Bosco Stick Green Beans Garden Salad Canned Fruit / Fresh Fruit	WG Cheeseburger WG Corn Dog Tater Tots Carrot Sticks Canned Fruit / Fresh Fruit	WG Pretzel & Cheese WG Breaded Chicken Sand- wich Baked Beans Fresh Veggies Fresh Fruit / Sidekicks	M 6	T 7	W 1 8	TH 2 9	F 3 10
	W 0 P				_				17 24
	WG Piz	zza WG Ham Sub Low I	-at Milk		20	<u> </u>	22	23	24
WG Chicken Tenders / WG Roll WG Chicken Parmesan Sandwich Steamed Broccoli /Carrot Sticks Canned Fruit / Fresh Fruit	WG Quesadilla WG Walking Taco Refried Beans / Corn Red & Green Peppers Canned Fruit / Fresh Fruit	Pasta with Bosco Stick Green Beans Garden Salad Canned Fruit / Fresh Fruit	WG Bulldog Chicken Bowl WG Chicken Drumstick Mashed Potatoes /WG Roll Corn / Carrot Sticks Canned Fruit / Fresh Fruit	WG French Toast Sticks Sausage WG Cheeseburger Hash Browns / Fresh Veggies Juice Cup / WG Cookie	M 3 10	T 4 11	W 5 12	6 13	7 14
CH WEEK WG Pizza WG Turkey Sub Low Fat Milk						25	26	27	28
WG Orange Chicken WG Mozzarella Sticks w Marinara WG Brown Rice Steamed Broccoli Carrot Sticks	WG Taco / WG Nacho Spanish Rice / Corn Cherry Tomatoes Canned Fruit / Fresh Fruit	WG Bosco Sticks WG Corn Dog Green Beans Garden Salad Canned Fruit / Fresh Fruit	WG Chicken Nuggets / WG Roll Mac and Cheese Baked Beans Sliced Cucumbers Canned Fruit / Fresh Fruit	WG Pizza Crunchers WG Breaded Chicken Sandwich Carrots Fresh Veggies Fresh Fruit / Sidekicks	M 1 8	N T 2 9	W 3	4 11	5 12
	WG French toast Sticks Juice, Fruit & Milk  WG BBQ Chicken Sandwich WG Chicken Nuggets Steamed Broccoli / Carrot Sticks Canned Fruit / Fresh Fruit  WG Chicken Tenders / WG Roll WG Chicken Parmesan Sandwich Steamed Broccoli /Carrot Sticks Canned Fruit / Fresh Fruit  WG Orange Chicken WG Mozzarella Sticks w Marinara WG Brown Rice Steamed Broccoli	WG Cream Cheese Bagel WG French toast Sticks Juice, Fruit & Milk  WG Oatmeal bar Juice, Fruit & Milk  WG Pizza  WG BBQ Chicken Sandwich WG Chicken Nuggets Steamed Broccoli / Carrot Sticks Canned Fruit / Fresh Fruit  WG Chicken Tenders / WG Roll WG Chicken Parmesan Sandwich Steamed Broccoli / Carrot Sticks Canned Fruit / Fresh Fruit  WG Quesadilla WG Walking Taco Refried Beans / Corn Red & Green Peppers Canned Fruit / Fresh Fruit  WG Piz  WG Orange Chicken WG Orange Chicken WG Mozzarella Sticks w Marinara WG Brown Rice Steamed Broccoli  Canned Fruit / Fresh Fruit	WG Cream Cheese Bagel WG French toast Sticks Juice, Fruit & Milk  WG Pizza  WG Turkey Sub  WG BBQ Chicken Sandwich WG Chicken Nuggets Steamed Broccoli / Carrot Sticks Canned Fruit / Fresh Fruit  WG Pizza  WG Ham Sub Low  WG Pizza  WG Ham Sub Low  WG Pizza  WG Ham Sub Low  WG Chicken Tenders / WG Roll WG Chicken Parmesan Sandwich Steamed Broccoli / Carrot Sticks Canned Fruit / Fresh Fruit  WG Pizza  WG Ham Sub Low  WG Pizza  WG Ham Sub Low  WG Walking Taco Refried Beans / Corn Red & Green Peppers Canned Fruit / Fresh Fruit  WG Pizza  WG Turkey Sub Low  WG Pizza  WG Ham Sub Low  WG Walking Taco Refried Beans / Corn Red & Green Peppers Canned Fruit / Fresh Fruit  WG Pizza  WG Turkey Sub Low  Canned Fruit / Fresh Fruit  WG Pizza  WG Turkey Sub Low  Canned Fruit / Fresh Fruit  Sqraen Beans Garden Salad Canned Fruit / Fresh Fruit  Garden Salad Canned Fruit / Fresh Fruit  Garden Salad Canned Fruit / Fresh Fruit  Steamed Broccoli	WG Cream Cheese Bagel WG French toast Sticks Juice, Fruit & Milk  WG Pizza WG Turkey Sub Low Fat Milk  WG Confetti Pancakes Whole Grain Donut Juice, Fruit & Milk  WG BBQ Chicken Sandwich WG Corn / Spanish Rice Tomatoes Canned Fruit / Fresh Fruit  WG Pizza WG Ham Sub Low Fat Milk  WG Corned Fruit / Fresh Fruit  WG Pizza WG Ham Sub Low Fat Milk  WG Corned Fruit / Fresh Fruit  WG Pizza WG Ham Sub Low Fat Milk  WG Corned Fruit / Fresh Fruit  WG Pizza WG Ham Sub Low Fat Milk  WG Corned Fruit / Fresh Fruit  WG Pizza WG Ham Sub Low Fat Milk  WG Corned Fruit / Fresh Fruit  WG Pizza WG Ham Sub Low Fat Milk  WG Corned Fruit / Fresh Fruit  WG Pizza WG Ham Sub Low Fat Milk  WG Corned Fruit / Fresh Fruit  WG Pizza WG Ham Sub Low Fat Milk  WG Chicken Parmesan Sandwich Steamed Broccoli / Carrot Sticks Canned Fruit / Fresh Fruit  WG Pizza WG Turkey Sub Low Fat Milk  WG Orange Chicken WG WG Taco / WG Nacho Spanish Rice / Corn Cherry Tomatoes Canned Fruit / Fresh Fruit  WG Bosco Sticks WG Chicken Nuggets / WG Roll Marinara WG Corn Dog Cherry Tomatoes Canned Fruit / Fresh Fruit Sliced Cucumbers  Wig Basan Sliced Cucumbers	WG Cream Cheese Bagel WG French toost Sticks Juice, Fruit & Milk WG Prizza WG Turkey Sub Low Fat Milk WG Chicken Sandwich WG Chicken Nuggets Steamed Broccoli / Carnot Sticks Canned Fruit / Fresh Fruit WG Quesadilla WG Chicken Tenders / WG Roll WG Chicken Parmeson Sandwich Steamed Broccoli / Carrot Sticks Canned Fruit / Fresh Fruit WG Pizza WG Ham Sub Low Fat Milk WG Cheeseburger WG Cheeseburger WG Corn / Spanish Rice Green Beans Garden Salad Canned Fruit / Fresh Fruit WG Chicken Tenders / WG Roll WG Chicken Parmeson Sandwich Steamed Broccoli / Carrot Sticks Canned Fruit / Fresh Fruit WG Pizza WG Ham Sub Low Fat Milk WG Chicken Drumstick Green Beans Garden Salad Canned Fruit / Fresh Fruit WG Chicken Drumstick Green Beans Garden Salad Canned Fruit / Fresh Fruit WG Chicken Drumstick Green Beans Garden Salad Canned Fruit / Fresh Fruit WG Chicken Drumstick Garden Salad Canned Fruit / Fresh Fruit WG Chicken Drumstick Scusage WG Conned Fruit / Fresh Fruit WG Orange Chicken WG WG Valking Taco Ref ide Beans / Corn Red & Green Peppers Canned Fruit / Fresh Fruit WG Orange Chicken Canned Fruit / Fresh Fruit Canned Fruit / Fresh Fruit WG Bosco Sticks WG Corn Dog Green Beans Garden Salad Canned Fruit / Fresh Fruit WG Canned Fruit / Fresh Fruit WG Bosco Sticks WG Chicken Nuggets / WG WG Pizza Crunchers WG Breaded Chicken Sandwich Canned Fruit / Fresh Fruit WG Bosco Sticks WG Corn Dog Green Beans Garden Salad Canned Fruit / Fresh Fruit Sliced Cucumbers Fresh Veggies	WG Cream Cheese Bagel WG Contend bar Juice, Fruit & Milk J	WG Cream Cheese Bagel WG Careal 2 grain WG Oatmeal bar Juice, Fruit & Milk Juice, Frui	WG Cream Cheese Bagel WG Cereal 2 grain WG MG Darked bor Juice, Fruit & Milk WG Pontarts WG Pontarts WG Prench toost Sticks Juice, Fruit & Milk MG Chicken Sandwich WG Chicken Nuggets Steamed Broccoli / Carrot Sticks Canned Fruit / Fresh Fruit Carned Fruit / Fresh Fruit Milk WG Chicken Nuggets / WG MG Pizza Crunchers WG Mogazarella Sticks WG Marcand Cheese Macaned Carned Fruit / Fresh Fruit WG Carnet Sticks Carned Fruit / Fresh Fruit Milk WG Carnet Sticks WG Macaned Cheese MG Macaned Cheese MG Macaned Cheese Steamed Broccoli / Carnet Fruit / Fresh Fruit Sticks WG Breaded Chicken Sandwich Stateward Broccoli / Carnet Fruit / Fresh Fruit Sticks WG Breaded Chicken Sandwich Stateward Broccoli / Carnet Sticks Steamed Broccoli / Carnet Stic	WG Cream Cheese Bagel WG Cereal 2 grain WG Danana Bread WG Cinni Minni Juice, Fruit & Milk Juice, Fruit &

All menus follow the recommended federal school lunch guidelines and adhere to the Crown Point Schools nutritional policy. These meals offer students proteins, grains, milk, fresh fruits and vegetables while also adhering to the strict limits on portion sizes, sodium and saturated fat.

## **CONTACT US:**

Food Service Director - Pam Maloney - pmaloney@cps.k12.in.us My Mealtime Food Service Coordinator - Michelle Simonovski- msimonovski@cps.k12.in.us Free & Reduced Benefits Coordinator - Shelly Hillegonds—mhillegonds@cps.k12.in.us

CPCSC and our food services team is an equal opportunity provider.

Please visit our website at www.cps.k12.in.us for:

- Online payments for My MealTime
- Nutritional information for all products
- Free and reduced applications
- Allergy information (call us to help plan a menu if your child has dietary restrictions)