

Middle School Menu



Every lunch includes a choice of milk and a chef salad.

Monday	Tuesday	Wednesday	Thursday	Friday
4 Chicken Pot Pie or Burger Seasoned Vegetables Fresh Salad w/ Toppings Fruit Cup	5 Calzones or Pizza Steamed Vegetables Fresh Salad w/ Toppings Banana Sundae	6 Popcorn Chicken with Hot Roll or Crispy Chicken Salad Hot Roll Mashed Potatoes Seasoned Vegetables Fresh Salad w/ Toppings Banana Sundaes	7 Build Your Own Tacos or Crisпитos Charro Beans Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Fruit Cup	8 Corn Dog Basket with Fries Fresh Salad w/ Toppings Fresh Fruit
11 Homemade Meatloaf or Chicken Fried Steaks with Hot Roll Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Fruit Cup	12 Chicken Alfredo with Garlic Bread or Pizza Steamed Broccoli Fresh Salad w/ Toppings Fruit Wiggles	13 Asian Bowl or Egg Rolls Steamed Vegetables Fresh Salad w/ Toppings Fruit Cup	14 Build Your Own Tacos or Nachos with Spanish Rice Refried Beans Fresh Salad w/ Toppings Homemade Salsa Fruit Cup	15 BBQ Bacon Burger with Fries or Pizza Fresh Salad w/ Toppings Fresh Fruit
18 Chicken Nuggets or Steak Fingers with Hot Roll Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Fruit Cup	19 Spaghetti with Meat Sauce with Garlic Toast or Pizza Seasoned Vegetables Fresh Salad w/ Toppings Banana Sundae	20 Homemade Pigs in a Blanket or Corn Dog Baked Beans Fresh Salad w/ Toppings Fruit Cup	21 Build your Own Tacos or Taco Salad Spanish Rice Charro Beans Fresh Salad w/ Toppings Homemade Salsa Fruit Cup	22 Chili Dog Basket with Baked Fries Fresh Salad w/ Toppings Fresh Fruit
25 Homemade Salisbury Steaks or Popcorn Chicken with Hot Roll Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Fruit Cup	26 Spaganza with Garlic Toast or Pizza Seasoned Sweet Corn Fresh Salad w/ Toppings Frosty Fruit	27 Chicken & Waffles Steamed Vegetables Fresh Salad w/ Toppings Fruit Cup	28 Build Your Own Tacos or Tornadoes with Spanish Rice Refried Beans Fresh Salad w/ Toppings Homemade Salsa Fruit Cup	March 1 BBQ on Bun Basket with Fries Fresh Salad w/ Toppings Fresh Fruit

Ways Physical Activity Can Change Your Day

1. Sleep tight: being physically active can help you improve your sleep.
2. Improve your mood: Physical activity can give you a better attitude and an extra energy boost during the day.
3. Fuel your brain: Twenty minutes of physical activity before starting your homework can help you unwind from the day and improve your concentration.
4. Bond with buddies: Engaging in physical activity with your friends is a great way to bond with your friends and to even make new ones.



Monday	Tuesday	Wednesday	Thursday	Friday
Biscuits & Gravy or Pancakes with Fruit Topping & Whipped Cream	Scrambled Eggs with Bacon & Toast or Ham & Cheese Croissant	Honey Bun with Sausage Link or Muffin & Yogurt	Breakfast Pizza or Chicken Biscuits	Oatmeal with Toast & Bacon or Pig in a Blanket

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.