

LAMESA

MIDDLE SCHOOL



Menu is subject to change without notice and is based on availability and seasonality of food items.

FEBRUARY 19 – APRIL 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Student Holiday Professional Development FEB 18	<i>Cherry Frudel</i> Popcorn Chicken & Mashed Potato Bowl w/Roll Turkey Sub Fruit Salad & Roll FEB 19	<i>Ham & Cheese Stuffed Breadstick</i> Jumbo Cheese Ravioli & Marinara w/Breadstick Popcorn Chicken & Roll Egg Salad Platter & Roll FEB 20	<i>Strawberry Pancakes</i> Thai Chicken & Cilantro Rice BBQ Chicken Hot Dog Turkey Chef Salad w/Roll FEB 21	<i>Ham & Cheese Biscuit Melt</i> Cajun Chili Fries & Tortilla Chips Jerk Chicken Flatbread Grilled Cheese FEB 22
<i>Country Chicken Biscuit</i> Southwest Meatloaf & Gravy Three-Cheese Sub Tuna Salad Platter & Roll FEB 25	<i>Pancake-on-a-Stick</i> Sausage Etouffee & Rice BBQ Pork Riblet Sandwich Salad w/Bufalo Chicken & Roll FEB 26	<i>Breakfast Sausage Biscuit</i> Orange Chicken w/Broccoli & LoMein Hot Dog Ham & Cheese Sandwich Tossed Salad w/Turkey & Cheese & Roll FEB 27	<i>Powdered Sugar Donut</i> Veggie Chili & Crackers BBQ Chicken Grilled Cheese Feta Greek Salad & Roll FEB 28	<i>Kolache</i> Chicken & Chili Crispito Turkey Sandwich Baja Chicken Salad & Roll MAR 1
<i>Assorted Cereals & Graham Crackers</i> Breaded Chicken Drumstick & Roll Popcorn Chicken & Roll Ham Chef Salad & Roll MAR 4	<i>Breakfast Sausage Pizza</i> Chili Mac & Breadstick Corn Dog Ham, Pickle & Swiss Flatbread Egg Salad Platter & Roll MAR 5	<i>Cinnamon Raisin Bagel</i> Popcorn Chicken & Mashed Potato Bowl w/Roll Hot Dog Chicken Caesar Salad & Roll MAR 6	<i>Cheese Stuffed Breadstick</i> General Tso Beef Dippers & Yellow Rice BBQ Chicken Grilled Cheese Chicken Nacho Salad & Roll MAR 7	<i>Blueberry Waffle</i> Chicken Tagine Stew & Seasoned Flatbread Popcorn Chicken & Roll Fruit, Yogurt & Cheese Plate w/Roll MAR 8

MENU KEY

Breakfast items are in italics
EVERYDAY BREAKFAST CHOICE:
Assorted Cereals w/Toast
 Cereals: Cocoa Puffs, Cinnamon Toast Crunch, Cheerios, Rice Krispies
Lunch entrées listed in bold
All Salads are served with a Roll
 Side items are in plain type and listed at the bottom of the calendar. (Items rotate.)

Lamesa ISD
-2018-19-

BREAKFAST

Student *estudiantes* FREE
 Faculty *facultad* \$2.25
 Visitor *invitados* \$2.25

LUNCH

Student *estudiantes* FREE
 Faculty *facultad* \$3.75
 Visitor *invitados* \$3.75

À la Carte item prices are posted at the schools.

Precios de alimentos a la carte están publicadas en las escuelas.

This institution is an equal opportunity provider.

SPRING BREAK! Have a good one—see you in a week! March 11-15, 2019

<i>Cinnamon French Toast Sticks</i> Buffalo Chicken Drumstick & Corn Muffin Ham Sandwich Egg Chef Salad & Roll MAR 18	<i>Coco Puff Cereal Bar</i> Parmesan Chicken & Spaghetti w/Marinara Grilled Cheese Tuna Salad Platter & Roll MAR 19	<i>Breakfast Pizza</i> Chili & Cheese Baked Potato & Roll Hot Dog Tossed Salad w/Diced Buffalo Chicken & Roll MAR 20	<i>Strawberry Banana Yogurt & Graham Crackers</i> Red Beans & Rice w/Sausage BBQ Chicken Turkey & Cheese Sub Diced Chicken Salad Platter & Roll MAR 21	<i>Apple Frudel</i> Hot Dog Popcorn Chicken & Roll Fruit & Cheese Plate w/Roll MAR 22
<i>Breakfast Sausage Pizza</i> Breaded Fish Nuggets Chicken Tenders & Roll Bean & Cheese Nacho Salad w/Roll MAR 25	<i>Cherry Frudel</i> Popcorn Chicken & Mashed Potato Bowl w/Roll Turkey Sub Fruit Salad & Roll MAR 26	<i>Ham & Cheese Stuffed Breadstick</i> Jumbo Cheese Ravioli & Marinara w/Breadstick Popcorn Chicken & Roll Egg Salad Platter & Roll MAR 27	<i>Strawberry Pancakes</i> Thai Chicken & Cilantro Rice BBQ Chicken Hot Dog Turkey Chef Salad w/Roll MAR 28	<i>Ham & Cheese Biscuit Melt</i> Cajun Chili Fries & Tortilla Chips Jerk Chicken Flatbread Grilled Cheese MAR 29
<i>Country Chicken Biscuit</i> Southwest Meatloaf & Gravy Three-Cheese Sub Tuna Salad Platter & Roll APR 1	<i>Pancake-on-a-Stick</i> Sausage Etouffee & Rice BBQ Pork Riblet Sandwich Salad w/Bufalo Chicken & Roll APR 2	<i>Breakfast Sausage Biscuit</i> Orange Chicken w/Broccoli & LoMein Hot Dog Ham & Cheese Sandwich Tossed Salad w/Turkey & Cheese & Roll APR 3	<i>Powdered Sugar Donut</i> Veggie Chili & Crackers BBQ Chicken Grilled Cheese Feta Greek Salad & Roll APR 4	<i>Kolache</i> Chicken & Chili Crispito Turkey Sandwich Baja Chicken Salad & Roll APR 5

• MIDDLE SCHOOL • MORE CHOICES • MADE-TO-ORDER •

grill	Chicken Sandwich Hamburger/Cheeseburger	Chicken Sandwich Hamburger/Cheeseburger	Spicy Chicken Sandwich Hamburger/Cheeseburger	Chicken Sandwich Hamburger/Cheeseburger	Spicy Chicken Sandwich Hamburger/Cheeseburger
		Nacho/Taco Bar	Pizza Line	Nacho/Taco Bar	Pizza Line

MADE-TO-ORDER

more choices EVERYDAY

EVERYDAY LUNCH OPTION: PB&J Sandwich

EVERYDAY super sides, fresh fruits & veggies and 100% fruit juice: Apple Wedges/fresh• Applesauce• Apricot Halves• Baby Carrots/fresh• Banana/fresh• Broccoli/fresh or steamed• Campfire Beans• Celery Sticks/fresh• Black Charro Beans• Creamy Coleslaw• Cucumber & Tomato Salad• Cucumber slices/fresh• Diced Peaches• Diced Pears• French Fries• Fresh Fruit Salad: Apple/Banana/Orange• Fresh Grapes• Fruit Mix Cup• Golden Corn• Green Beans• Mashed Potatoes• Orange-Glazed Carrots• Orange/fresh• Peas• Peas & Carrots• Red Pepper Strips/fresh• Side-Salad/Romaine Mix• Carrots/fresh & seasoned• Steamed Spinach• Sweet Potato Tots• Sweet Potato Fries-Tater Tots• Tomatoes Wedges/fresh• Veggie Baked Beans• Watermelon/fresh• Zucchini Squash/steamed• Zucchini Slices/fresh• | Apple Juice• Fruit Blend Juice• Grape Juice• Orange Juice• 2% Milk• Chocolate Skim Milk•
items listed rotate on their respective days and may be substituted based on availability/seasonality

THE LUNCH PROGRAM The "Offer Vs Serve" Lunch Program was designed by the federal government to eliminate food waste. This program requires each student (K–12th grade) to choose at least 3 of the 5 components each day. Their choices must include 1 fruit and/or vegetable and at least two more of the items offered. We encourage them to take all five items each day. Lunch serving consists of: Entrée (meat/meat/alternates), fruits, vegetables, grains/breads, assortment of low-fat milk.

LOOK for FUEL days and check out new entrées! ALL WEEK

