

MTN. SHADOWS MIDDLE SCHOOL



Monday
INSIDE

REAL SLICE PEPPERONI PIZZA
C 270 F10 SF 3.5 CHO 32

OFFERED DAILY INSIDE:

YOGURT/GRANOLA
C 290 F 4 SF 1.7 CHO 57
PB & J
C 300 F 17 SF 3 CHO 32

KIOSK

MINI CHEESE BURGERS
C 287 F 8.1 SF 3 CHO 34.3



Tuesday
INSIDE

FRENCH BREAD PIZZA
C 310 F 12 SF 4.5 CHO 34

***Student's Choice:**

4/3/19 Chicken Tenders
C 250 F 10 SF 1.5 CHO 15

KIOSK

**ORIENTAL CHICKEN

4/10/19 Queso Blanco Nachos
C 258 F 17 SF 6.3 CHO 18

Wednesday
INSIDE

STUDENT'S CHOICE
*SEE CHART →

***Cook's Choice:**

4/4/19 Beef Tostada Boat
C 302 F 18.05 SF 5.22 CHO 14.28

KIOSK

CALZONE
C 410 F 16 SF 7 CHO 47

4/11/19 Hamburger
C 266 F 7.9 SF 2.9 CHO 31.8

Thursday
INSIDE

COOK'S CHOICE
*SEE CHART →

4/15/19 - 4/26/19: Spring Recess

KIOSK

CORN DOG
C 238 F 9.2 SF 2.5 CHO 27.8



Friday
INSIDE

SPICY CHICKEN SANDWICH
C 350 F 13 SF 2.5 CHO 42

Spring Break

4/5/19 FISH SANDWICH
C 320 F 5 SF 0.5 CHO 46

4/12/19 MOZZARELLA STICKS
C 300 F 12 SF 7 CHO 36



KIOSK

BEEF TACO STICK
C 345 F 12.82 SF 8.35 CHO 31.87

*All grains served are Whole Grain Rich (WGR)

Choice Of: 1% White Milk, Nonfat Chocolate Milk & Strawberry Milk Offered with every meal.



Make payments conveniently online at:
www.k12paymentcenter.com

You may apply for free or reduced priced meals at:
www.lunchapplication.com



****Orange Chicken**

C 268 F 3.88 SF .68 CHO 43.39

****Spicy Sichuan Chicken**

C 198 F 2.88 SF .68 CHO 28.39

ALL LUNCHESES INCLUDE SALAD BAR
C=Calories, F=Fat, SF=Saturated Fat, CHO=Carbohydrates
Menu subject to change without notice