




# September 2019

## Middle School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<h3>Special News...</h3> <p>In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: <a href="http://www.ascr.usda.gov/complaint_filing_cust.html">http://www.ascr.usda.gov/complaint_filing_cust.html</a>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: <a href="mailto:program.intake@usda.gov">program.intake@usda.gov</a></p> <p>This institution is an equal opportunity provider.</p> <p>Menus are subject to change without notice.</p>
<b>2</b>  Chicken Drumstick w/ Roll Mashed Potatoes Fresh Broccoli Side Salad Fresh Orange Fruit Mix 100% Fruit Blend Juice	<b>3</b> Swt 'n Sour Chicken w/ Rice Roasted Mix Veggies Red pepper strips Side Salad Fresh Cantaloupe Diced Pears 100% Apple Juice	<b>4</b> Chix Spaghetti w/Brdstk Seasoned Carrots Fresh Zucchini Sl Side Salad Fresh Apple Diced Peaches 100% Grape Juice	<b>5</b> Chix Fajita w/ Rice Kickin' Pintos Fresh Celery sticks Side Salad Watermelon Applesauce 100% Orange Juice	<b>6</b> Corndog Steamed Spinach Cucum./Tomato Salad Side Salad Fresh Fruit Mix Pineapple Tidbits 100% Fruit Blend Juice	
<b>9</b> Chicken Drumstick w/ Roll Mashed Potatoes Fresh Broccoli Side Salad Fresh Orange Fruit Mix 100% Fruit Blend Juice	<b>10</b> Chix Parm. w/Pasta Seasoned Green Beans Red Pepper Strips Side Salad Fresh Cantaloupe Diced Pears 100% Apple Juice	<b>11</b> Bk Potato w/ Chili/Chz & Soft Pretzel Orange Glz Carrots Fresh Zucchini Sl Side Salad Fresh Apple Diced Peaches 100% Grape Juice	<b>12</b> Beef Soft Tacos w/ Mexican Rice Baked Beans Fresh Celery Sticks Side Salad Watermelon Applesauce 100% Orange Juice	<b>13</b> Pizza Stix /Marinara Steamed Spinach Fresh Baby Carrots Side Salad Fresh Grapes Pineapple Tidbits 100% Fruit Blend Juice	
<b>16</b> Fish Bites w/ Mac 'n Cheese Fresh Tomato Wdg Seasoned FF Side Salad Fresh Orange Fruit Mix 100% Fruit Blend Juice	<b>17</b> Philly Cheesesteak Melt Roasted Cauliflower Fresh Cucumber Sl Side Salad Fresh Cantaloupe Diced Pears 100% Apple Juice	<b>18</b> Cheese Ravioli w/ Garlic Toast Roasted Squash Fresh Celery Sticks Side Salad Fresh Apple Diced Peaches 100% Grape Juice	<b>19</b> Chicken Fajita Quesadilla Campfire Beans Fresh Baby Carrots Side Salad Watermelon Applesauce 100% Orange Juice	<b>20</b> Turkey & Cheese Melt Steamed Broccoli Red Pepper Strips Side Salad Fresh Fruit Mix Pineapple Tidbits 100% Fruit Blend Juice	
<b>23</b> Oriental Orange Popcorn Chix w/Rice Seasoned Corn Fresh Baby Carrots Side Salad Fresh Orange Fruit Mix 100% Fruit Blend Juice	<b>24</b> BBQ Rib Sandwich Seasoned Green Beans/Carrots Red Pepper Strips Side Salad Fresh Cantaloupe Diced Pears 100% Apple Juice	<b>25</b> Corndog Swt Potato Bites Fresh Zucchini Sl Side Salad Fresh Apple Diced Peaches 100% Grape Juice	<b>26</b> Beef Nachos Charro Beans Fresh Celery Sticks Side Salad Watermelon Applesauce 100% Orange Juice	<b>27</b> Fish Melt Steamed Broccoli Coleslaw Side Salad Fresh Fruit Mix Pineapple Tidbits 100% Fruit Blend Juice	
<b>30</b> Chicken Fried Steak/Roll Stm Zucchini Fresh Tomato Wdg Side Salad Fresh Orange Fruit Mix 100% Fruit blend Juice	<b>Weekly Rotation:</b>  <b>Monday-Rotation</b> <i>Salad, Cheeseburger</i>  <b>Tuesday-Rotation</b> <i>Wrap, Chicken Sdw</i>	<b>Wednesday- Rotation</b> <i>Salad, Grilled Cheese</i> <b>Thursday-Rotation</b> <i>Sub, Hotdog</i> <b>Friday- Rotation</b> <i>Salad, Chicken/Roll</i>	Tuesday and Thursday: <i>Cheese and Pepperoni Pizza</i>	<b>Daily's:</b>  Milk Variety Peanut Butter & Jelly Sandwich	

### MIDDLE SCHOOL LUNCH

### Special News...

\*\*Rotation station menu items posted in cafeteria\*\*

