

Middle Schools DYK Lunch Menu

December 1-2, 2016

*Students must select 3 out of 5 meal components. One of the 3 components selected **"MUST"** be a fruit or Vegetable*



Available Daily

Sunbutter & Jelly Sandwich

(All Sandwiches are served on Whole Wheat Bread, Roll, or Tortilla)

THIS WEEK'S DAILY SPECIALS

Monday –

Tuesday –

Wednesday –

Thursday - Ham & Cheese Sub or Crispy Chicken Wrap

Friday - Turkey & Cheese Sandwich or Sunbutter & Jelly Wrap



Daily Special

Monday

Tuesday

Wednesday

Thursday

Fish Sticks w/ Pasta & Cheese Sauce

Friday

Orange Chicken w/ Brown Rice



FIESTA CREATIONS STATION

Your choice from daily offerings of Nachos, Nacho Supreme, Soft or Hard Shelled Tacos or Chicken Fajitas w/ Bell Peppers & Onions on a Whole Wheat Tortilla w/ Our House Specialty Salsa



Monday –

Tuesday –

Wednesday –

Thursday – Crispy Chicken Salad w/ WW Roll

Friday – Chicken Caesar Salad w/ WW Roll



THIS WEEK'S DAILY SPECIAL'S Available Daily: Cheese Pizza or Pepperoni Pizza

Monday –

Tuesday –

Wednesday –

Thursday – Ham & Pineapple

Friday – Supreme Pizza

(All Pizza's are prepared on Whole Grain Pizza Crust)



THIS WEEK'S DAILY SPECIAL'S

(All Sandwiches are served on Whole Wheat Buns)

Monday –

Tuesday –

Wednesday

Thursday – Corn Dog

Friday - Fish Sandwich

Hamburger, Cheeseburger, & WG Chicken Patty Sandwich Offered Daily

Middle Schools DYK Lunch Menu

December 5-9, 2016

*Students must select 3 out of 5 meal components. One of the 3 components selected "**MUST**" be a fruit or Vegetable*



Available Daily

Sunbutter & Jelly Sandwich

(All Sandwiches are served on Whole Wheat Bread, Roll, or Tortilla)

THIS WEEK'S DAILY SPECIALS

- Monday** – Ham & Cheese Sandwich or Buffalo Chicken Wrap
- Tuesday** – Turkey & Cheese Sandwich or Crispy Chicken Wrap
- Wednesday** – Turkey & Cheese Wrap or Ham Sandwich
- Thursday** – Ham & Cheese Wrap or American Sub Sandwich
- Friday** – Buffalo Chicken Wrap or Turkey & Cheese Sandwich



Daily Special

Monday

Baked BBQ Chicken w/ Mashed Potatoes & Gravy & WW Roll

Tuesday

Pasta Bar

Wednesday

Chicken & Waffle

Thursday

Swedish Meatballs w/ Pasta

Friday

Baked Pollock Vera Cruz w/ Cilantro Lime Rice



FIESTA CREATIONS STATION

Your choice from daily offerings of Nachos, Nacho Supreme, Soft or Hard Shelled Tacos or Chicken Fajitas w/ Bell Peppers & Onions on a Whole Wheat Tortilla w/ Our House Specialty Salsa



- Monday** – Buffalo Chicken Salad w/ WW Roll
- Tuesday** – Chef w/ WW Roll
- Wednesday** – Caesar Salad w/ WW Roll
- Thursday** – Crispy Chicken Salad w/ WW Roll
- Friday** – Chef w/ WW Roll



THIS WEEK'S DAILY SPECIAL'S Available Daily: Cheese Pizza or Pepperoni Pizza

- Monday** – Veggie Pizza
- Tuesday** – Sausage Pizza
- Wednesday** – Buffalo Chicken Pizza
- Thursday** – Supreme Pizza
- Friday** – Taco Pizza

(All Pizza's are prepared on Whole Grain Pizza Crust)



THIS WEEK'S DAILY SPECIAL'S

(All Sandwiches are served on Whole Wheat Buns)

- Monday** – Buffalo Chicken Sandwich
 - Tuesday** – BBQ Bacon Burger
 - Wednesday** – Fish Sandwich
 - Thursday** – Corn Dog
 - Friday** – Chicken Grilled Club Sandwich
- Hamburger, Cheeseburger, & WG Chicken Patty Sandwich Offered Daily**

Middle Schools DYK Lunch Menu

December 12-16, 2016

*Students must select 3 out of 5 meal components. One of the 3 components selected "**MUST**" be a fruit or Vegetable*



Available Daily

Sunbutter & Jelly Sandwich

(All Sandwiches are served on Whole Wheat Bread, Roll, or Tortilla)

THIS WEEK'S DAILY SPECIALS

Monday – Ham & Cheese Sandwich or Buffalo Chicken Wrap

Tuesday – Turkey & Cheese Sandwich or Crispy Chicken Wrap

Wednesday – Buffalo Chicken Wrap or Turkey & Cheese Sandwich

Thursday – Ham & Cheese Sub or Crispy Chicken Wrap

Friday – Turkey & Cheese Sandwich or Sunbutter & Jelly Wrap



Daily Special

Monday

Chees Enchiladas

Tuesday

Pasta Bar

Wednesday

Meatball Sub

Thursday

Grecian Flatbread

Friday

Roasted Turkey w/ Dressing & Gravy & WW Dinner Roll



FIESTA CREATIONS STATION

Your choice from daily offerings of Nachos, Nacho Supreme, Soft or Hard Shelled Tacos or Chicken Fajitas w/ Bell Peppers & Onions on a Whole Wheat Tortilla w/ Our House Specialty Salsa



Monday – Chef Salad w/ WW Roll

Tuesday – Buffalo Chicken Salad w/ WW Roll

Wednesday – Caser Salad w/ WW Roll

Thursday – Crispy Chicken Salad w/ WW Roll

Friday – Chicken Caesar Salad w/ WW Roll



THIS WEEK'S DAILY SPECIAL'S Available Daily: Cheese Pizza or Pepperoni Pizza

Monday – Veggie Pizza

Tuesday – Sausage Pizza

Wednesday – Buffalo Chicken Pizza

Thursday – Supreme Pizza

Friday – Taco Pizza

(All Pizza's are prepared on Whole Grain Pizza Crust)



THIS WEEK'S DAILY SPECIAL'S

(All Sandwiches are served on Whole Wheat Buns)

Monday – Grilled Cheese Sandwich

Tuesday – Buffalo Chicken Sandwich

Wednesday – Hot Dog on Bun

Thursday – BBQ Bacon Burger

Friday – Fish Sandwich

Hamburger, Cheeseburger, & WG Chicken Patty Sandwich Offered Daily

Middle Schools DYK Lunch Menu

December 19-23, 2016

*Students must select 3 out of 5 meal components. One of the 3 components selected "**MUST**" be a fruit or Vegetable*



Available Daily

Sunbutter & Jelly Sandwich

(All Sandwiches are served on Whole Wheat Bread, Roll, or Tortilla)

THIS WEEK'S DAILY SPECIALS

Monday – Ham & Cheese Sandwich or Buffalo Chicken Wrap

Tuesday – Crispy Chicken Wrap or Turkey & Cheese Sub

Wednesday – Turkey & Cheese Sandwich or Buffalo Chicken Wrap

Thursday – Ham & Cheese Sandwich or Crispy Chicken Wrap

Friday – Turkey & Cheese Sub or Buffalo Chicken Wrap



Daily Special

Monday

Grilled Cheese w/ Tomato Soup

Tuesday

Pasta Bar

Wednesday

Chicken Marsala w/ Garlic Mashed Potatoes & WW Dinner Roll

Thursday

Sonoran Hot Dog

Friday

Cheese Or Pepperoni Pizza Bagel



FIESTA CREATIONS STATION

Your choice from daily offerings of Nachos, Nacho Supreme, Soft or Hard Shelled Tacos or Chicken Fajitas w/ Bell Peppers & Onions on a Whole Wheat Tortilla w/ Our House Specialty Salsa



Monday – Buffalo Chicken Salad w/ WW Roll

Tuesday – Chef Salad w/ WW Roll

Wednesday – Caesar Salad w/ WW Roll

Thursday – Crispy Chicken Salad w/ WW Roll

Friday – Buffalo Chicken Salad w/ WW Roll



THIS WEEK'S DAILY SPECIAL'S Available Daily: Cheese Pizza or Pepperoni Pizza

Monday – Taco Pizza

Tuesday – Sausage Pizza

Wednesday – Buffalo Chicken Pizza

Thursday – Supreme Pizza

Friday – Veggie Pizza

(All Pizza's are prepared on Whole Grain Pizza Crust)



THIS WEEK'S DAILY SPECIAL'S

(All Sandwiches are served on Whole Wheat Buns)

Monday – Chicken Parmesan Sandwich

Tuesday – Buffalo Chicken Sandwich

Wednesday – BBQ Bacon Burger

Thursday – Corn Dog

Friday – Fish Sandwich

Hamburger, Cheeseburger, & WG Chicken Patty Sandwich Offered Daily