

Middle Schools DYK Lunch Menu

January, 9-13, 2017

*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 – Turkey & Cheese Sandwich or Buffalo Chicken Wrap

Tuesday –Ham & Cheese Sandwich or Crispy Chicken Wrap

Wednesday – Turkey & Cheese or Buffalo Chicken Wrap

Thursday - Ham & Cheese Sub or Crispy Chicken Wrap

Friday- Turkey & Cheese Sandwich or Sunbutter & Jelly Wrap



Daily Special

Monday

Chicago Style Hot Dog

Tuesday

Pasta Bar

Wednesday

Pancakes & Sausage Patties

Thursday

BBQ Pulled Pork Sandwich

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 –Chef Salad w/ WW Roll

Tuesday –Buffalo Chicken Salad w / WW Roll

Wednesday –Chef 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 – Taco Pizza

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 –Buffalo Chicken Sandwich

Tuesday –BBQ Bacon Burger

Wednesday - Westernburger

Thursday – Corn Dog

Friday- Fish Sandwich

Hamburger, Cheeseburger, & WG Chicken Patty Sandwich Offered Daily

Middle Schools DYK Lunch Menu

January 16-20, 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 – 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

No School Civil Rights Day

Tuesday

Pasta Bar

Wednesday

Turkey Tetrazzini

Thursday

Chicken & Waffle

Friday

Sesame Ginger Chicken w/ Pasta



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 – 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 –

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 –

Tuesday – Buffalo Chicken Sandwich

Wednesday – Fish Sandwich

Thursday – Corn Dog

Friday – Chicken Grilled Club Sandwich

Hamburger, Cheeseburger, & WG Chicken Patty Sandwich Offered Daily

Middle Schools DYK Lunch Menu

January 23-27, 2017

*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

Cheese Enchiladas

Tuesday

Pasta Bar

Wednesday

Mac & Cheese w/ Fish Nuggets

Thursday

Ecuadorian Potato Soup

Friday

Chicken Stir Fry 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 – 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

January 30-31, 2017

*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 –

Thursday–

Friday–



Daily Special

Monday

Chicken Fried Steak w/ Mashed Potatoes & Gravy, & WW Roll

Tuesday

Pasta Bar

Wednesday

Thursday

Friday



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 –

Thursday –

Friday –



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

Monday –Taco Pizza

Tuesday –Sausage Pizza

Wednesday –

Thursday –

Friday –

(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 –

Thursday –

Friday–

Hamburger, Cheeseburger, & WG Chicken Patty Sandwich Offered Daily