



August 2019

Middle School- Year Round Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			<ul style="list-style-type: none"> Tornados w/ Cheese Dip Cup Chicken Soft Tacos Grilled Chicken Salad & Dinner Roll Seasoned Corn Ranchero Beans Mandarin Oranges Assorted Fresh Fruit 1% Milk Chocolate Milk Skim Milk 	<ul style="list-style-type: none"> Personal Pepperoni Pizza Club Sub Southwest Chicken Salad w/ Tortilla Chips Garden Salad Curly Fries Baked Apples Assorted Fresh Fruit 1% Milk Chocolate Milk Skim Milk
5	6	7	8	9
<ul style="list-style-type: none"> Chicken & Waffle Mac & Cheese w/ Garlic Breadstick Fruit and Yogurt Salad Steamed Broccoli Pinto Beans Mixed Fruit Assorted Fresh Fruit 1% Milk Chocolate Milk Skim Milk 	<ul style="list-style-type: none"> Garlic Cheese Bread Corn Dog Chef Salad w/ Dinner Roll Seasoned Fries Fruitables Juice Box Sliced Pears Assorted Fresh Fruit 1% Milk Chocolate Milk Skim Milk 	<ul style="list-style-type: none"> Meateater Pizza Cheeseburger Chicken Nugget Salad w/ Dinner Roll Mashed Potatoes Baby Carrots w/ Ranch Dip Strawberry Cup Assorted Fresh Fruit 1% Milk Chocolate Milk Skim Milk 	<ul style="list-style-type: none"> Spaghetti w/ Meat Sauce Crispy Chicken Nuggets Garlic Knot Grilled Chicken Salad w/ Dinner Roll Garden Salad Seasoned Corn Rosati Ice Assorted Fresh Fruit 1% Milk Chocolate Milk Skim Milk 	<ul style="list-style-type: none"> Wild Mike's Cheese Pizza Chicken Filet Sandwich Southwest Chicken Salad w/ Tortilla Chips Cucumbers & Grape Tomatoes Home-style Green Beans Applesauce Cup Assorted Fresh Fruit 1% Milk Chocolate Milk Skim Milk
12	13	14	15	16
<ul style="list-style-type: none"> Wild Mike's Pepperoni Pizza BBQ Teriyaki Chicken w/ Fried Rice & Garlic Breadstick Fruit and Yogurt Salad Steamed Broccoli Ginger Carrots Craisins Assorted Fresh Fruit 1% Milk Chocolate Milk Skim Milk 	<ul style="list-style-type: none"> Scrambled Eggs w/ Bacon w/ Pancakes Pizza Wedge Chef Salad w/ Dinner Roll Cucumbers & Grape Tomatoes Hashbrown Rounds Juice Smoothie Cup Assorted Fresh Fruit 1% Milk Chocolate Milk Skim Milk 	<ul style="list-style-type: none"> Chicken Filet Sandwich Beef Dippers w/ Dinner Roll Chicken Nugget Salad w/ Dinner Roll Mashed Potatoes Seasoned Carrots Strawberry Cup Assorted Fresh Fruit 1% Milk Chocolate Milk Skim Milk 	<ul style="list-style-type: none"> Garlic Cheese Bread Taco Salad Grilled Chicken Salad & Dinner Roll Seasoned Corn Pinto Beans Pineapple Tidbits Assorted Fresh Fruit 1% Milk Chocolate Milk Skim Milk 	<ul style="list-style-type: none"> Chicken Nuggets (Dill or Buffalo) w/ Garlic Knot Corn Dog Southwest Chicken Salad w/ Tortilla Chips Home-style Green Beans Sweet Potato Fries Sliced Peaches Assorted Fresh Fruit 1% Milk Chocolate Milk Skim Milk

19

- Wild Mike's Cheese Pizza
- Tangerine Chicken W/ Fried Rice w/ Garlic Breadstick
- Fruit and Yogurt Salad
- Seasoned Carrots
- Steamed Broccoli
- Sliced Peaches
- Assorted Fresh Fruit
- 1% Milk
- Chocolate Milk
- Skim Milk

20

- Chicken Filet Sandwich
- Corn Dog
- Chef Salad w/ Dinner Roll
- Fruitables Juice Box
- Seasoned Fries
- Raisins
- Assorted Fresh Fruit
- 1% Milk
- Chocolate Milk
- Skim Milk

21

- Chicken Pie w/ Biscuit
- Cheeseburger
- Chicken Nugget Salad
- Mashed Potatoes
- Home-style Green Beans
- Strawberry Cup
- Assorted Fresh Fruit
- 1% Milk
- Chocolate Milk
- Skim Milk

22

- Tornados w/ Cheese Dip Cup
- Chicken Soft Tacos
- Grilled Chicken Salad & Dinner Roll
- Seasoned Corn
- Ranchero Beans
- Mandarin Oranges
- Assorted Fresh Fruit
- 1% Milk
- Chocolate Milk
- Skim Milk

23

Teacher Workday

26

- Chicken & Waffle
- Beefy Mac & Cheese w/ Garlic Breadstick
- Fruit and Yogurt Salad
- Steamed Broccoli
- Pinto Beans
- Mixed Fruit
- Assorted Fresh Fruit
- 1% Milk
- Chocolate Milk
- Skim Milk

27

- Garlic Cheese Bread
- Hot Dog
- Chef Salad w/ Dinner Roll
- Seasoned Fries
- Fruitables Juice Box
- Sliced Pears
- Assorted Fresh Fruit
- 1% Milk
- Chocolate Milk
- Skim Milk

28

- Stuffed Crust Pizza
- Cheeseburger
- Chicken Nugget Salad w/ Dinner Roll
- Mashed Potatoes
- Baby Carrots w/ Ranch Dip
- Strawberry Cup
- Assorted Fresh Fruit
- 1% Milk
- Chocolate Milk
- Skim Milk

29

- Club Sub
- Crispy Chicken Nuggets
- Garlic Knot
- Grilled Chicken Salad w/ Dinner Roll
- Garden Salad
- Seasoned Corn
- Froot Jooce
- Assorted Fresh Fruit
- 1% Milk
- Chocolate Milk
- Skim Milk

30

- Wild Mike's Cheese Pizza
- Chicken Filet Sandwich
- Southwest Chicken Salad w/ Tortilla Chips
- Carrot Souffle
- Home-style Green Beans
- Applesauce Cup
- Assorted Fresh Fruit
- 1% Milk
- Chocolate Milk
- Skim Milk

More Details: abss.nutrislice.com/menu/middle-school-year-round/lunch/

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