

SEPTEMBER 2023

K-8 Middle School Menu

FIRST MEAL FREE FOR ALL STUDENTS

2nd Meal Price: \$3.25 Milk a la carte: \$0.50

Juice a la carte: \$0.75

Monday

Tuesday

Wednesday

Thursday

Friday

Pick Up Stix

POTATO WEDGES and a selection of FRUIT and MILK are offered with every meal.

Papa John's Pizza **Bacon Cheeseburger** Chicken Fiesta Bowl

8

BLT Turkey Wrap Shelled Edamame

Baby Carrots

apa John's Pizza Pick Up Stix Spicy Chicken Sandwich Spicy Pink Alfredo Pasta w/ Chicken Chicken Corn Dog

> Macaroni & Cheese V Vegetarian Chef Salad Sweet Corn Niblets Tomatoes

Papa John's Pizza Pick Up Stix

Chicken Tenders & Fries & Roll BBQ Teriyaki Chicken & Rice Chicken Fajita Wrap

Fresh Side Salad **Baby Carrots**

Papa John's Pizza Pick Up Stix

Popcorn Chicken Bowl

Classic Cheeseburger Cheese Pizza Crunchers V

Chicken Caesar Salad Sliced Cucumbers **Tomatoes**

Papa John's Pizza

14

Baby Carrots

Papa John's Pizza Pick Up Stix Hot & Spicy Chicken Tenders & Fries

Orange Chicken & Rice Shelled Edamame **Baby Carrots**

Papa John's Pizza

Pick Up Stix

Hot & Spicy Chicken Tenders & Fries

Chickenless Soy Nuggets V

Artisan Dinner Roll

Cheese Quesadilla V

Shelled Edamame

Baby Carrots

Papa John's Pizza Pick Up Stix Spicy Chicken Sandwich Spicy Pink Alfredo Pasta w/ Chicken Chicken Tenders, Artisan Dinner Roll

19

Bean & Cheese Burrito V Vegetarian Chef Salad **Sweet Corn Niblets Tomatoes**

Papa John's Pizza

Pick Up Stix

Spicy Chicken Sandwich

Spicy Pink Alfredo Pasta w/ Chicken

Beef Terivaki Dunkers & Rice

Grilled Cheese V

Vegetarian Chef Salad

Sweet Corn Niblets

Tomatoes

Papa John's Pizza Pick Up Stix

Chicken Tenders & Fries & Roll Cheese Pizza Boli V

13

20

Chicken Fajita Wrap Fresh Side Salad **Baby Carrots**

Papa John's Pizza

Pick Up Stix

Pick Up Stix Popcorn Chicken Bowl Spaghetti & Beef Meat Sauce Cheesy Pull Apart Bread V

Chicken Caesar Salad Sliced Cucumbers **Tomatoes**

Papa John's Pizza

Pick Up Stix

Popcorn Chicken Bowl

Classic Hamburger

Wild Mike's Cheezy Bites

Chicken Caesar Salad

Sliced Cucumbers

Baby Carrots

Pick Up Stix

Chicken Fiesta Bowl Chicken Patty on a Bun

Shelled Edamame Baby Carrots

Papa John's Pizza Pick Up Stix

Artisan Dinner Roll

Orange Chicken & Rice

Shelled Edamame

Baby Carrots

Hot & Spicy Chicken Tenders & Fries

Papa John's Pizza Pick Up Stix Spicy Chicken Sandwich Spicy Pink Alfredo Pasta w/ Chicken Chicken Corn Dog

> Cheese Pizza Boli V Vegetarian Chef Salad **Sweet Corn Niblets** Tomatoes

Chicken Tenders & Fries & Roll Mini Chicken Corn Dog Macaroni & Cheese V Chicken Fajita Wrap

Fresh Side Salad Baby Carrots

Papa John's Pizza Pick Up Stix

Chicken Tenders & Fries & Roll Spaghetti & Beef Meat Sauce GF Bean & Cheese Pupusa V

> Chicken Fajita Wrap Fresh Side Salad **Baby Carrots**

Tomatoes Papa John's Pizza Pick Up Stix

Popcorn Chicken Bowl Beef Pepperoni Pizza Pocket Cheesy Pull-Apart Bread V

Chicken Caesar Salad Sliced Cucumbers **Tomatoes**

Papa John's Pizza Pick Up Stix Bacon Cheeseburger Chicken Fiesta Bowl Beef Taco Roll Up

Yogurt, Muffin & String Cheese V **BLT Turkey Wrap** Shelled Edamame

> Papa John's Pizza Pick Up Stix Bacon Cheeseburger Chicken Fiesta Bowl

> Cheeseburger Sliders **BLT Turkey Wrap** Shelled Edamame

Papa John's Pizza Bacon Cheeseburger

BLT Turkey Wrap

Papa John's Pizza Pick Up Stix Bacon Cheeseburger

Chicken Fiesta Bowl Loaded Cheeseburger Sliders Yogurt, Muffin & String Cheese

> **BLT Turkey Wrap** Shelled Edamame **Baby Carrots**

A lunch meal is comprised of five components based on MyPlate.

Students may select one item from each color group above and MUST select a fruit or vegetable:

one entrée = protein + grain

a selection of vegetables a selection of fruit

Menu subject to change without notice. BOLDED items indicate that menu item is a full meal. This institution is an equal opportunity provider. WINE UNIFIED SCHOOL DISTRICT

