

MIDDLETOWN HIGH SCHOOL/MIDDLESCHOOL

AUGUST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY
22

FRIDAY
23



What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

- Meat or Meat Alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk

Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges



Leave Your Lunch at Home

Daily entrée options may include:

- Cheese Burger on a Bun
- Chicken Patty on a Bun
- Chicken Nuggets with Pretzel Stick
- Cheese or Pepperoni Pizza



Options May Include

- Vegetable Garden Salad w / roll
- Ham or Turkey Salad w/ Roll
- Chef's Salad w/ roll
- Greek Salad w/ Roll
- Ham & Cheese Wrap or Turkey and Swiss on Baguette
- Buffalo chicken Wrap
- Taco Chicken Roll
- Chicken Caesar Roll
- Roast Beef and Cheddar Wrap



			Entrée Pulled Pork On a Whole Grain Roll	Entrée Chicken Patty On a Whole Grain Roll
			FEATURED VEGGIES Baked Beans Celery Sticks Apple Slices Choice of Milk	FEATURED VEGGIES Green Beans Baby Carrots Pineapple Tidbits Choice of Milk

26

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Fajita Station -Soft or Hard Shell Tortillas, Chicken or Steak Fajita, Peppers, Onions, Spicy Queso, Cheese sauce

Entrée Beef Lasagna w/ Whole Grain Roll	Entrée Cheeseburger On a Whole Grain Roll	Entrée Grilled Cheese Tomato Soup	Entrée Raider Bowl or southwest version w/ Whole Grain Roll	
FEATURED VEGGIES Side Salad Broccoli Sliced Peaches Choice of Milk	FEATURED VEGGIES French Fries Green Beans Mandarin Oranges Choice of Milk	FEATURED VEGGIES Carrot Coins Fruit Cocktail Choice of Milk	FEATURED VEGGIES Mashed Potatoes Corn Diced Pears Choice of Milk	NO SCHOOL

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LUNCH PRICES:

- Student \$2.65
- Student Tierd 3.15
- Reduced \$.00
- Adult \$4.35

Brian Wallace

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