

MIDDLETOWN HIGH SCHOOL/MIDDLESCHOOL

NOVEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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



Cyclone Noodle Station - Choice of Lo Mein or Rice, Beef, Chicken, Pork, Stir Fry Vegetables, Cabbage, and Broccoli. Tossed with Korean BBQ, Teriyaki, or General Tso's Sauce.



Entrée
Pepperoni/Cheese Pizza

FEATURED VEGGIES
Caesar Salad
Celery Sticks
Choice of Fruit
Choice of Milk

4

5

6

7

8



Loaded Potatoes - Fries, Tots, Baked Potatoes, Wedges, Cheese Sauce, Buffalo Chicken, Pulled Pork, Beef BBQ, Chili, Peppers, Onions, Mushrooms

Entrée
Chicken Stir Fry
Over Rice
w/ Whole Grain Bread

FEATURED VEGGIES
Green Beans
Baby Carrots
Choice of Fruit
Choice of Milk

NO SCHOOL

Entrée
Buffalo Chicken
Macaroni & Cheese

FEATURED VEGGIES
Peas
Fresh Broccoli
Choice of Fruit
Choice of Milk

Entrée
Middletown's
Meatloaf
With Gravy

FEATURED VEGGIES
Mashed Potatoes
Corn
Choice of Fruit
Choice of Milk

Entrée
Spaghetti with Meatballs
w/ Garlic Bread

FEATURED VEGGIES
Caesar Salad
Green Pepper Strips
Choice of Fruit
Choice of Milk

11

12

13

14

15



Dip and Dust Wings - Traditional or Boneless, 3 Sauces or Dry Rub, Potatoes, Celery, Carrots Sticks

Entrée
Grilled Chicken Alfredo
over Pasta

FEATURED VEGGIES
Steamed Broccoli
Cucumbers
Choice of Fruit
Choice of Milk

Entrée
Cheesesteak Sub
With Peppers and Onions

FEATURED VEGGIES
Curly Fries
Celery Sticks
Choice of Fruit
Choice of Milk

Entrée
Chicken Parmesan
Over Whole Grain Pasta

FEATURED VEGGIES
Side Salad
Peas
Choice of Fruit
Choice of Milk

Entrée
Salisbury Steak
Over Whole Grain Bread

FEATURED VEGGIES
Mashed Potatoes
Baby Carrots
Choice of Fruit
Choice of Milk

Entrée
Breaded Fish Sandwich
w/Tartar Sauce

FEATURED VEGGIES
French Fries
Cole Slaw
Choice of Fruit
Choice of Milk

18

19

20

21

22



Breakfast Sandwich Grill - Scrambled Eggs, Ham, Bacon, Sausage, Biscuit or Muffin, Breakfast Potatoes, Tri Taters. **NOT ON 11/20**

Entrée
Chicken Cheesesteak
On a Whole Grain Roll

FEATURED VEGGIES
Mixed Veggies
Fresh Broccoli
Choice of Fruit
Choice of Milk

Entrée
Beef or Chicken
Soft Shell Tacos

FEATURED VEGGIES
Black Bean Salsa
Corn
Choice of Fruit
Choice of Milk

HAPPY THANKSGIVING

Entrée
Roasted Turkey Breast
with Gravy
Stuffing

FEATURED VEGGIES
Mashed Potatoes
Green Beans
Choice of Fruit
Choice of Milk

Entrée
Pork Lo Mein
served with Spring Rolls

FEATURED VEGGIES
Steamed Broccoli
Fresh Cauliflower
Choice of Fruit
Choice of Milk

Entrée
Ranch Crusted Chicken
with a Whole Grain Roll

FEATURED VEGGIES
Diced Potatoes
Baby Carrots
Choice of Fruit
Choice of Milk

25

26

27

28

29



Entrée
Grilled Chicken Parmesan
w/ Pasta & Garlic Bread

FEATURED VEGGIES
Roasted Broccoli
Side Salad
Choice of Fruit
Choice of Milk

Entrée
Steak Fajitas
W/ Seasoned Rice

FEATURED VEGGIES
Bell Peppers
Corn
Choice of Fruit
Choice of Milk

NO SCHOOL

NO SCHOOL

NO SCHOOL



LUNCH PRICES:

- Student \$2.55
- Student Tiered 3.05
- Reduced \$.00
- Adult \$4.35

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