

Middle School Menu

September-25

Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
1		2		3		4		5	
		Mini Pizza Bagels	24	Baked Chicken	0	Grilled Chicken Breast	1	Big Daddy Cheese Pizza	28
		Smiley Potatoes	25	Dinner Roll	11	WG Bun	26	Sliced Green Peppers	3
		Cherry Tomatoes	2	Edamame	3	Fresh Spinach Salad	4	Zucchini Slices	1
		Orange Wedges	21	Carrot Baby	6	Cherry Tomatoes	2	Banana	27
		Milk (assorted)	15	Chilled Pears	15	Fresh Apple	22	Milk (assorted)	15
				Milk (assorted)	15	Milk (assorted)	15		
8		9		10		11		12	
Chicken, Diced	0	Grilled Cheese	30	Chicken Patty	30	Corn Dog Nuggets	26	Bosco Sticks	34
Fried Rice	54	French Fries	16	WG Bun	16	French Fries	16	Red Dipping Sauce	5
Romaine Salad	1	Tomato Soup	18	Cucumber Slices	18	Black Bean Salsa	16	Celery Sticks	3
Ranch Dressing	2	Mixed Fruit	16	Sweet Corn	16	Fruit Slushie BR	22	Mandarin Oranges	20
Black Beans	11	Milk (assorted)	15	Applesauce	15	Milk (assorted)	15	Milk (assorted)	15
Cranberries, Dried	28			Milk (assorted)					
Milk (assorted)	15								
15		16		17		18		19	
Cheese Sticks	31	Mini French Toast	37	Popcorn Chicken	14	Orange Chicken	19	Big Daddy Cheese Pizza	28
Red Dipping Sauce	5	Pancake Syrup	30	Smiley Potatoes	25	Rice	37	Broccoli	4
Cucumber Slices	0	Diced Ham	0	Sweet Corn	8	Edamame	3	Red Pepper Slices	2
Ranch Dressing	2	Carrot Baby	6	Peaches, Sliced	14	Carrot Baby	6	Ranch Dressing	2
Chilled Pears	15	Black Beans	10	Milk (assorted)	15	Applesauce	22	Orange	21
Milk (assorted)	15	Mandarin Oranges	20			Milk (assorted)	15	Milk (assorted)	15
		Milk (assorted)	15						
22		23		24		25		26	
Hamburger	3	Chicken Tenders	16	Turkey	2	Chicken Egg roll &/or	20	Cheese Bites	28
WG Bun	26	Onion Rings	28	Gravy	0	Potstickers	11	Red Dipping Sauce	5
Sun Splash Juice Box	15	Baked Beans	30	Breadstick	24	Fried Rice	17	Cucumber Slices	0
Chickpeas	10	Apple Slices	8	Mashed Potatoes	34	Broccoli	2	Ranch Dressing	2
Mixed Berries Cup	20	Milk (assorted)	15	Sweet Corn*#	17	Fresh Apple	22	Orange	21
Milk (assorted)	15			Cranberries, Dried*	28	Milk (assorted)	15	Milk (assorted)	15
				Milk (assorted)	15				
29		30							
French Toast Sticks	26	Mini Pizza Bagels	24						
Pancake Syrup	30	Smiley Potatoes	25						
Cheese, String	3	Cherry Tomatoes	2						
Tater Rounds	19	Orange Wedges	21						
Chickpeas	10	Milk (assorted)	15						
Orange Juice	13								

Lunch 3.15

Milk \$.45

NSLP Reduced price lunch \$0.40

All meals served with
choice of Milk

Alternate Daily Choices:

Mon Chicken Nuggets/Patty 16-41

Tue Hot Dog 30

Wed Pizza 21-42

Thu Nachos/Walking Tacos 32-48

Fri Breakfast for Lunch 15-25

Students must have money on their
accounts or bring cash for ala carte
purchases.

See District's Food Service
website for a la carte pricing

Questions regarding the Menu,
Please contact
Kevin Harris at:

Kharris@D15.org

Disclaimer about Carb counts

***Menu subject to change, notice given when possible**

The carbohydrate information provided is to the best of our knowledge by information received from the product manufacturer.

Please note that food product substitutions made due to food shortages may alter the carbohydrate information indicated on the menu.