

Middle Menu
2015-2016

	All Meals as listed	Monday	Tuesday	Wednesday	Thursday	Friday
	Snacks available on Specific Days only	Low fat Cinnamon Buns	Pudding \$2.25 Yogurt Parfaits \$2.25 Fruit Parfaits \$2.95 Fresh Fruit Cups \$1.50	Frozen Yogurt With Fruit Fresh Fruit Smoothie Day	Cookies \$0.65	Pudding \$2.25 Yogurt Parfaits \$2.25 Fruit Parfaits \$2.95 Fresh Fruit Cups \$1.50
Week 1	Sept. 08-11 Oct. 05-09 Nov. 02-06 Nov. 30- Dec. 04 Meals \$5.00	Pasta with Garden Veggie Lean Meat Sauce with Salad	Chicken Stir-Fry with Fresh Vegetables, served with Steamed Rice	Homemade Shepherds Pie served with Coleslaw and Fresh Roll	Baked Fish Fillet, Baked or Mashed Potato, Oven Roasted Veggies	Soft Beef Or Chicken Tacos with Corn and Mexican Rice
Week 2	Sept 14-18 Oct. 13-16 Nov. 09-13 Dec. 07-11 Meals \$5.00	Beef Veggie Macaroni Bake with Spinach Salad and WW Roll	Sweet & Sour Meatballs, served over Noodle or Rice, Stir-Fry Veggies	Chicken Enchilada Bake, with Mexican Rice and Corn	Homemade Soup Loaded with Veggies, with ½ Chicken or Ham & Cheese Wrap	Hot Turkey Sandwich Mashed Potatoes, Local Vegetables, and Gravy
Week 3	Sept. 21-25 Oct 19-23 Nov. 16-20 Dec. 14-18 Meals \$5.00	Chicken Broccoli Pasta Bake, side of Crisp Tossed Salad, and WW Roll	Thai Beef Stir-Fry with Local Vegetables, Served on Brown Rice	Baked Ham with Mashed Potatoes, and Steamed Local Vegetables	Baked Fish Fillet, Baked or Mashed Potato, Oven Roasted Veggies	Homemade Chicken Fricot, Garden Salad and Fresh Baked WW Roll
Week 4	Sept. 28-Oct. 02 Oct. 26-30 Nov. 23-27 Meals \$5.00	Homemade Lasagna with Lean Ground Beef, Caesar Salad and Garlic Toast	Chicken Fajita on WW Tortilla with Broccoli Salad and Fluffy Rice	Sliced Roast Beef served with Baked Potato, Veggies and Gravy	Honey Garlic Chicken Served over Brown Rice or Noodles with Stir-Fried Veggies	Hearty Homemade Chili with Side Salad, and WW Roll
	Alternate Meal is available each day	Baked Potato Bar Topped with Choice of Protein and Fresh Crisp Veggies \$4.75	Pita Bar with Choice of Fresh Meat, Cheese and Fresh Veggies, Comes with Fresh Fruit \$4.75 - \$5.75	Homemade Burger Bar Chicken Breast Burgers with Garden, Caesar, Spinach Salad or Coleslaw \$3.00 - \$5.00	6" Sub or Wrap Bar With Choice of Fresh Meat, Cheese and Fresh Veggies, Comes with Small Fruit Cup \$4.75 - \$5.75	Variety of Fresh Made Pizza with Garden, Caesar, Spinach Salad or Coleslaw \$2.75 - \$4.00

PRICE LIST

Sandwiches:

- Sliced Chicken Sandwich \$3.25
- Ham and Cheese Sandwich \$3.00
- Roast Beef Sandwich \$3.25
- Egg Sandwich \$3.00
- Tuna Sandwich \$3.25
- Grilled Cheese Sandwich \$2.75

Drinks:

- White Milk \$0.50
- Chocolate Milk \$0.55
- 114ml Juice \$0.65
- Box Juice \$1.25
- Smoothies \$2.25

Salads:

- Caesar Salad \$3.00
- Garden Salad \$3.00
- Pasta Salad \$3.00
- Broccoli Salad \$2.95



Wraps:

- Chicken Snack Wrap \$2.75
- Taco Wrap \$5.25
- Veggie and Hummus Wrap \$3.25
- Soup of the Day \$2.75

Snacks:

- Carrot sticks w. Dip \$1.75
- Fruit Kebob \$2.00
- Cheese and Crackers \$1.75
- Fresh Local Fruit \$1.00
- Fresh Fruit Cup \$2.95
- Yogurt Parfaits \$2.95

Wednesday – Smoothie Day

