

Middle School September 2019

Our menus are aligned with the USDA's "Healthier US School Challenge.



All sandwiches served on Whole Wheat Sub Rolls and a trip through the Thrive Garden Bar. Vegetarian options offered daily.

EVERYDAY CHOICES

Chef Salad and Chicken Caesar Salad

SALAD SPECIALS

8/29-8/31: Chicken Caesar Salad
9/3-9/7: Chef Salad
9/10-9/14: Asian Chicken Salad
9/17-9/21: Buffalo Chicken Salad
9/24-9/28: Chicken BLT Salad

SANDWICH SPECIALS

Monday: Tuna Salad
Tuesday: Italian Sub
Wednesday: Tuna Salad
Thursday: Club Sandwich
Friday: Ham or Turkey Sandwich

Meal Prices Free \$0.00 Reduced \$0.40 Paid \$3.25 Adult \$4.00 Milk \$0.60	9/4 Spaghetti & Meatballs	9/4 Spaghetti & Meatballs	9/5 Chicken Nuggets & Mashed Potatoes	9/6 Corn Dogs & Tater Tots
9/9 Beef Teriyaki Dippers	9/10 Pulled Pork Sandwich	9/11 Chicken Parmesan	9/12 Biscuits & Gravy	9/13 Meatball Subs & French Fries
9/16 Non Student Day	9/17 Breakfast for Lunch	9/18 Mac & Cheese and Hot Dog	9/19 Turkey Gravy & Mashed Potatoes	9/20 Fish Sandwich & French Fries
9/23 Chicken Teriyaki	9/24 Grilled Cheese & Soup	9/25 Ravioli & Marinara Sauce	9/26 Chili Frito Supreme	9/27 Sloppy Joes & French Fries
9/30 General Tso Stir Fry				

EVERYDAY CHOICES

Cheeseburger and Chicken Patty

All sandwiches served on Whole Wheat buns, with French Fries, & a trip through the Thrive Garden Bar

DAILY SPECIALS

Monday: Spicy Chicken Burger
Tuesday: Spicy Chicken Burger
Wednesday: Spicy Chicken Burger
Thursday: Spicy Chicken Burger
Friday: Spicy Chicken Burger



EVERYDAY CHOICES

Cheese and Pepperoni

Include a trip through the Thrive Garden Bar. All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts.

DAILY SPECIALS

Monday: Hawaiian
Tuesday: Chicken Ranch
Wednesday: Sausage & Olive
Thursday: Meat Lovers
Friday: Vegetarian Pizza 

Please note that you must submit a new free and reduced application for the 2019/2020 school year to be eligible for free or reduced status for the entire year

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Student Nutrition is Hiring

Interested in becoming a part of the Student Nutrition Team? Contact Student Nutrition at 360-793-1535 for more information.

Middle School Aug/Sept 2018

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School Challenge.

Breakfast Prices Free \$0.00 Reduced \$0.00 Paid \$2.00 Adult \$2.40 Milk \$0.60	9/3 Labor Day	9/4 Breakfast Pizza Bagel with Cream Cheese Cereal with Toast	9/5 French Toast Sticks Bagel with Cream Cheese Cereal with Toast	9/6 WG Donut Bagel with Cream Cheese Cereal with Toast 
9/9 Sausage Pancake Wrap Bagel with Cream Cheese Cereal with Toast	9/10 Blueberry Muffin Bagel with Cream Cheese Cereal with Toast	9/11 Sausage, Egg & Cheese Muffin Bagel with Cream Cheese Cereal with Toast	9/12 Waffles with Fruit Bagel with Cream Cheese Cereal with Toast	9/13 WG Donut Bagel with Cream Cheese Cereal with Toast
9/16 Non Student Day	9/17 Chocolate Muffin Bagel with Cream Cheese Cereal with Toast	9/18 Breakfast Pizza Bagel with Cream Cheese Cereal with Toast	9/19 French Toast Sticks Bagel with Cream Cheese Cereal with Toast	9/20 WG Donut Holes Bagel with Cream Cheese Cereal with Toast 
9/23 Pancake on a Stick Bagel with Cream Cheese Cereal with Toast	9/24 Blueberry Muffin Bagel with Cream Cheese Cereal with Toast	9/25 Sausage, Egg & Cheese Muffin Bagel with Cream Cheese Cereal with Toast	9/26 Waffles with Fruit Bagel with Cream Cheese Cereal Toast	9/27 WG Donut Bagel with Cream Cheese Cereal with Toast
9/30 Breakfast on a Stick Bagel with Cream Cheese Cereal with Toast	10/1 Chocolate Muffin Bagel with Cream Cheese Cereal with Toast	10/2 Breakfast Pizza Bagel with Cream Cheese Cereal with Toast	10/3 French Toast Stick Bagel with Cream Cheese Cereal with Toast	



Vegetarian



Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium, and calories.