

# September 2021

## Middle School Lunch Menu

Lunch Includes:  
3 of the 5 Components  
Choice of Fruit, Vegetable,  
Grain, Meat or Meat Alternate  
and Milk

Milk Choice:  
Skim, 1% or Fat Free  
Chocolate  
Hormone & Antibiotic Free

Daily Options:  
Made to Order Deli and  
Salads  
Pizza:  
Cheese, Pepperoni, and  
Specialty Pies  
Also Available:  
Spicy and Plain Chicken  
Patties, Burgers, Black Bean  
Burgers, Chicken Tenders

Gluten Free Meals are Available  
Only to Students with  
Documented Restrictions  
Please See Separate Gluten  
Free Menu

Any questions please email:  
[cooper-nicole@aramark.com](mailto:cooper-nicole@aramark.com)

All School Meals Are  
Free For All  
Students Until 6/30/22



This institution is an equal opportunity provider.



1  
French Toast  
Sticks  
Chicken Sausage  
Sliced Cucumbers  
Choice of Fruit and  
Milk

2  
Beef Tacos in a  
hard shell  
Mexican Rice  
Black Beans  
Choice of Fruit and  
Milk

3  
Bacon  
Cheeseburger  
French Fries  
Baby Carrots  
Choice of Fruit and  
Milk



7  
School Closed  
Rosh Hashanah

8  
School Closed  
Rosh Hashanah

9  
Corn Dog  
Baked Veggie  
Beans  
Choice of Fruit and  
Milk

10  
Chicken Patty  
Steamed Corn  
Choice of Fruit and  
Milk

13  
Chicken Quesadilla  
Roasted Corn  
Choice of Fruit and  
Milk

14  
Meatball Parm  
Sandwich  
Steamed Broccoli  
Choice of Fruit and  
Milk

15  
Pancakes  
Chicken Sausage  
Sliced Cucumbers  
Choice of Fruit and  
Milk

16  
School Closed  
Yom Kippur

17  
All Beef Hot Dogs  
Baked Veggie  
Beans  
Choice of Fruit and  
Milk

20  
Popcorn Chicken  
Mashed Potatoes  
and Corn  
Choice of Fruit and  
Milk

21  
Beef Nachos  
Black Beans  
Choice of Fruit and  
Milk

22  
Macaroni and  
Cheese  
Dinner Roll  
Celery Sticks  
Choice of Fruit and  
Milk

23  
Chicken Tenders  
Steamed Broccoli  
Choice of Fruit and  
Milk

24  
Philly Cheese  
Steak  
Baby Carrots  
Choice of Fruit and  
Milk

27  
Cheese Filled  
Breadsticks  
Marinara Sauce  
Choice of Fruit and  
Milk

28  
Beef Tacos in a  
hard shell  
Mexican Rice  
Black Beans  
Choice of Fruit and  
Milk

28  
BBQ Chicken  
Flatbread  
Steamed Broccoli  
Choice of Fruit and  
Milk

30  
Pasta and Meat  
Sauce  
Steamed Green  
Beans  
Choice of Fruit and  
Milk

