

September 2022

Middle School Menu



BREAKFAST CHOICES MAY INCLUDE:

Granola Bar, Breakfast Round,
WG Muffin, WG Cinnamon Roll,
WG Donut Bar, WG Cereals

100% Juice/Fresh Fruit
1% white milk
Non fat Chocolate Milk

This Institution is an equal opportunity
provider and employer



MEAL APPLICATIONS

- ♦ A new application needs to be filled out each school year.
- ♦ One application per family.
- ♦ Please turn in ASAP to get your child qualified.
- ♦ Applications are available online, in any school Office and District Office.
- ♦ Those approved may qualify for other benefits.

Questions:
Call 360-354-7579

Thursday, September 1

Chicken Nuggets

Deli Choices

Fruit & Veggies
1% White Milk
Non-Fat Chocolate
Milk

Friday, September 2

Pizza

Deli Choices

Fruit & Veggies
1% White Milk
Non-Fat Chocolate
Milk



Veggies offered may include:

Broccoli, Cauliflower, Carrots,
Cucumbers, Celery and
Mixed Greens, Legumes



Fruit offered may include:

Peaches, Pears, Apples,
Oranges, Bananas, Applesauce,
Strawberries, Blueberries
Applesauce

Deli Choices:

Chicken Caesar Salad, Chicken
Caesar Wrap, Bagel Bag, PBJ Bag
Yogurt Parfait

MENU SUBJECT TO CHANGE



No School

Tuesday, September 6

Corn Dog

Deli Choices

Fruit & Veggies
1% White Milk
Non-Fat Chocolate
Milk

Wednesday, September 7

Nachos

Deli Choices

Fruit & Veggies
1% White Milk
Non-Fat Chocolate
Milk

Thursday, September 8

Burger Bar

Deli Choices

Fruit & Veggies
1% White Milk
Non-Fat Chocolate
Milk

Friday, September 9

Pizza

Deli Choices

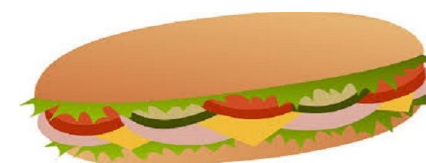
Fruit & Veggies
1% White Milk
Non-Fat Chocolate
Milk

Monday, September 12 Chicken Nuggets Pizza Bar Sub Sandwich Bar Deli Choices Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk	Tuesday, September 13 Rice Bowls Pizza Bar Sub Sandwich Bar Deli Choices Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk	Wed., September 14 Fiesta Bar Burger Bar Sub Sandwich Bar Deli Choices Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk	Thursday, September 15 Spud Bowl Pizza Bar Sub Sandwich Bar Deli Choices Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk	Friday, September 16 Hot Dog Burger Bar Sub Sandwich Bar Deli Choices Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk
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Monday, September 19 Corn Dogs Pizza Bar Sub Sandwich Bar Deli Choices Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk	Tuesday, September 20 Pasta Bar Pizza Bar Sub Sandwich Bar Deli Choices Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk	Wed., September 21 Fiesta Bar Burger Bar Sub Sandwich Bar Deli Choices Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk	Thursday, September 22 Spud Bowl Pizza Bar Sub Sandwich Bar Deli Choices Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk	Friday, September 23 Brunch Lunch Burger Bar Sub Sandwich Bar Deli Choices Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk
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Sub Sandwich Bar Made To Order



Choice of the following on a whole grain hoagie:

- Turkey/Ham
- Cheeses
- Lettuce
- Tomatoes
- Onions
- Peppers
- Olives
- Pickles

Monday, September 26 Chicken Nuggets Pizza Bar Sub Sandwich Bar Deli Choices Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk	Tuesday, September 27 Rice Bowls Pizza Bar Sub Sandwich Bar Deli Choices Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk	Wed., September 28 Fiesta Bar Burger Bar Sub Sandwich Bar Deli Choices Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk	Thursday, September 29 Spud Bowl PizzaBar Sub Sandwich Bar Deli Choices Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk	Friday, September 30 Hot Ham/Cheese Bun w/chips Burger Bar Sub Sandwich Bar Deli Choices Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk
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