

SEPTEMBER 2017 MIDDLE SCHOOL LUNCH MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| COME JOIN US!! WE SERVE BREAKFAST FROM 7:30 AM TO 7:55 AM | | WE ARE HIRING PART-TIME COOKS AND SUB COOKS. PLEASE VISIT WWW.GRINNELL-K12.ORG FOR MORE INFORMATION OR STOP BY THE DISTRICT OFFICE. | | NEW! Baked Potato Bar w/ Dinner Roll OR Meatball Sub Sweet Potato Waffle Fries Celery Sticks Fresh Strawberries Milk |
| NO SCHOOL LABOR DAY | NEW! Crispy Chicken Fries w/ Bread Slice OR Sub Sandwich Bar Green Beans Tossed Romaine Salad Pineapple Milk | Macaroni and Cheese OR Mr. Rib Sandwich Steamed Broccoli Baby Carrots w/Ranch Strawberry Kiwi Slushie Milk | Breaded Chicken Patty on a Bun OR NEW! Fajita Chicken Pasta w/ Bread Stick Baked Beans Red and Green Pepper Strips Mandarin Orange Marshmallow Cup Milk | Pizza Crunchers (Pizza Sticks) OR Breaded Fish Sandwich Tossed Romaine Salad Fresh Cauliflower Fresh Melon Milk |
| NO SCHOOL PROFESSIONAL DEVELOPMENT DAY | Chicken Nuggets OR Country Fried Steak (Pork) Bread Slice Steamed Corn Baby Carrots w/Ranch Applesauce Milk | Shredded Turkey w/Gravy Over Mashed Potatoes and Whole Grain Roll OR Pizza Burger Tossed Salad with Romaine Strawberries and Bananas Milk | Beef and Cheese Nachos w/Corn Tortilla Chips OR Hot Ham and Cheese Lettuce and Tomato Black Beans Grapes Milk | Cheesy Omelet and Pancakes OR Pork Patty on a Bun Potato Rounds Fresh Broccoli and Cucumbers w/Ranch Orange Juice Milk |
| Personal Cheese Pizza OR Loaded Mashed Potato Bowl Sweet Potato Fries Green Beans Pineapple Milk | Cheeseburger OR Teriyaki Chicken w/ Rice Tossed Romaine Salad Fresh Cauliflower Clementine Milk | Chicken Strips w/Dinner Roll OR Fiesta Personal Pizza Baked Beans Spinach Salad Peaches Milk | Biscuit and Sausage Gravy OR Cheesy Chicken Enchiladas w/Spanish Rice Baby Carrots Red and Green Pepper Strips Apple Milk | Shrimp Poppers with String Cheese OR Salisbury Steak w/Gravy and Dinner Roll Mashed Potatoes Fresh Broccoli Pineapple and Bananas Milk |
| Beef Soft Shell Taco w/Shredded Cheese OR Chicken, Cheese and Ranch Flatbread Shredded Lettuce, and Tomato, Refried Beans Mandarin Oranges Chocolate Chip Cookie Milk | Mandarin Orange Chicken OR Grilled Italian Chicken Seasoned Brown Rice Steamed Broccoli Celery Sticks w/Ranch Diced Pears Milk | Spaghetti w/Meat Balls OR Tiger Cheese Bread w/ Italian Dipping Sauce Green Beans Tossed Salad with Romaine Orange Wedges Milk | Mini Corn Dogs OR Stuffed Crust Pepperoni Pizza Steamed Peas Baby Carrots Apple Slices w/Cinnamon Milk | Two Mozzarella Stuffed Bread Sticks w/ Marinara Sauce Spicy Chicken on Bun OR Tiger Tots Fresh Broccoli Kiwi Milk |

USDA is an equal opportunity provider and employer. MENUS ARE SUBJECT TO CHANGE. Must take (3) of (5) components and (1) must be a fruit or vegetable to count as a USDA school food program meal. **FRUIT AND VEGETABLE BAR AVAILABLE WITH MEALS

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WEEKLY ALTERNATING MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Cheese Pizza | Pepperoni Pizza | Cheese Pizza | Pepperoni Pizza | Cheese Pizza |
| NEW! TIGER POWER PACK (Muffin, String Cheese, Yogurt, Fresh Fruit, Baby Carrots) | NEW! TIGER POWER PACK (Muffin, String Cheese, Yogurt, Fresh Fruit, Baby Carrots) | NEW! TIGER POWER PACK (Muffin, String Cheese, Yogurt, Fresh Fruit, and Baby Carrots) | NEW! TIGER POWER PACK (Muffin, String Cheese, Yogurt, Fresh Fruit, Baby Carrots) | NEW! TIGER POWER PACK (Muffin, String Cheese, Yogurt, Fresh Fruit, Baby Carrots) |
| Ham and Cheese Deli Sandwich | Ham and Cheese Deli Sandwich | Ham and Cheese Deli Sandwich | Ham and Cheese Deli Sandwich | Ham and Cheese Deli Sandwich |
| Turkey and Cheese Deli Sandwich | Turkey and Cheese Deli Sandwich | Turkey and Cheese Deli Sandwich | Turkey and Cheese Deli Sandwich | Turkey and Cheese Deli Sandwich |
| Cheese Sandwich | Cheese Sandwich | Cheese Sandwich | Cheese Sandwich | Cheese Sandwich |
| SunButter Sandwich | SunButter Sandwich | SunButter Sandwich | SunButter Sandwich | SunButter Sandwich] |

**WEEKLY MENU ITEMS CAN BE MADE INTO A REIMBURSABLE. THE FRUIT AND
VEGETABLE ITEM ON THE MONTHLY MENU WILL BE OFFERED.
Must take (3) of (5) components and (1) must be a fruit or vegetable to count as a USDA
school food program meal.**