

# 2017

# MAY Middle School Lunch



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CHOICES

SIDES

1  
PORKETTA WITH RICE PILAF  
SPICY CHICKEN SANDWICH  
JOJO POTATOES  
BAGEL YOGURT PACK

GREEN BEANS

SALAD BAR

2 CHICKEN OR BEAN NACHOS  
CHOICE OF DELI SANDWICH  
TACO SALAD OR BLACK BEAN TACO SALAD WITH TORTILLA CHIPS

CORN

SALAD BAR WITH MY ROCKIN' BEAN SALAD

3 CHICKEN A LA KING WITH RICE  
SPAGHETTI & MEATBALLS  
TACO SALAD OR BLACK BEAN TACO SALAD WITH TORTILLA CHIPS

SALAD BAR WITH MY ROCKIN' BEAN SALAD

4 BBQ CHICKEN WITH AU GRATIN POTATOES  
CHOICE OF DELI SANDWICH  
CHEF SALAD

SALAD BAR WITH MY ROCKIN' BEAN SALAD

5 CHEESE OR BEEF PEPPERONI PIZZA  
CHICKEN BURRITO BOWL WITH BLACK BEANS & TOPPING  
CHEF SALAD

SALAD BAR

MPS WELLNESS WEEK  
#MPSWELLNESSWEEK

8 TATER TOT HOTDISH  
BBQ PULLED PORK SANDWICH  
TATER TOTS  
BAGEL YOGURT PACK

JUNIOR IRON CHEF

SALAD BAR

9 SWEDISH MEATBALLS WITH NOODLES  
CHOICE OF DELI SANDWICH  
CHICKEN CAESAR SALAD

ROASTED BEETS

SALAD BAR WITH QUINOA TABBOULEH

10 TUSCAN BEAN SOUP WITH GARLIC TOAST  
CHICKEN ALFREDO OR PASTA ALFREDO  
CHICKEN CAESAR SALAD

SALAD BAR WITH QUINOA TABBOULEH

11 #MNTHURS THURSDAYS FERNDALE TURKEY TACOS WITH BLACK BEANS & SALSA LISA  
CHOICE OF DELI SANDWICH  
CHICKEN CAESAR SALAD

MIXMI CHOCOLATE FROZEN YOGURT

SALAD BAR WITH QUINOA TABBOULEH

12 CHEESE OR BEEF PEPPERONI PIZZA  
BRASA'S CURRIED CHICKEN WITH RICE, PICKLED PINEAPPLE & PEPPERS  
CHICKEN CAESAR SALAD

SALAD BAR

CHOICES

SIDES

15 TUNA NOODLE BAKE  
BUFFALO CHICKEN  
FLATBREAD, SWEET POTATO  
WAFFLE FRIES  
BAGEL YOGURT PACK

SALAD BAR

16 CHICKEN OR BEAN NACHOS  
CHOICE OF DELI SANDWICH  
TACO SALAD OR BLACK BEAN TACO SALAD WITH TORTILLA CHIPS

CORN

MARKET CART SALAD BAR WITH JALISCO BEAN SALAD

17 CHICKEN FRIED RICE  
CHICKEN PARMESAN  
TACO SALAD OR BLACK BEAN TACO SALAD WITH TORTILLA CHIPS

ROASTED CARROTS

MARKET CART SALAD BAR WITH JALISCO BEAN SALAD

18 FRENCH HERB CHICKEN  
PARSLEY BUTTERED POTATOES, DINNER ROLL  
CHOICE OF DELI SANDWICH  
CHEF SALAD

CHEF SALAD

MARKET CART SALAD BAR WITH JALISCO BEAN SALAD

19 GARLIC CHEESE BREAD WITH MARINARA  
BEEF BURRITO BOWL WITH BLACK BEANS & TOPPING  
CHEF SALAD

CALIFORNIA VEGETABLE BLEND

SALAD BAR

CHOICES

SIDES

22 ORANGE CHICKEN WITH SOBA NOODLES  
FISH AND CHEESE SANWICH  
JOJO POTATOES  
BAGEL YOGURT PACK

STEAMED BROCCOLI

SALAD BAR

23 GRILLED CHEESE AND TOMATO SOUP  
CHOICE OF DELI SANDWICH  
CHICKEN CEASAR SALAD

MARKET CART SALAD BAR WITH CURRIED RICE SALAD

24 CHICKEN OR BLACK BEAN QUESADILLA  
CHICKEN ALFREDO OR PASTA ALFREDO  
CHICKEN CAESAR SALAD

CORN

MARKET CART SALAD BAR WITH CURRIED RICE SALAD

25 TURKEY AND GRAVY MASHED POTATOES  
CHOICE OF DELI SANDWICH  
CHEF SALAD

COUNTRY BLEND VEGETABLES

MARKET CART SALAD BAR WITH CURRIED RICE SALAD

26 CHEESE OR BEEF PEPPERONI PIZZA  
CHICKEN RAMEN BOWL  
CHEF SALAD

CALIFORNIA VEGETABLE BLEND

SALAD BAR

CHOICES

SIDES

29  
**No School**

30 CHICKEN OR BEAN NACHOS  
CHOICE OF DELI SANDWICH  
BAGEL YOGURT PACK

CORN

SALAD BAR

31 CHICKEN A LA KING WITH A BISCUIT  
SPAGHETTI & MEATBALLS  
BAGEL YOGURT PACK

SALAD BAR

## KNOW YOUR FOOD



MEATLESS OPTION AVAILABLE



FARM TO SCHOOL ITEM



CONTAINS FISH



CONTAINS PORK



TRUE FOOD CHEF COUNCIL RECIPE



OUR BAKED GOODS ARE WHOLE GRAIN



SKIM & 1% MILK AVAILABLE DAILY

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