

What's on the Menu?

Middle School Lunch Menu – March 2022

Monday	Tuesday	Wednesday ^{1st}	Thursday ^{2nd}	Friday ^{3rd}
 =Locally Sourced  =Regional Cuisine  =Plant Power  =Power Up  =Spice it Up  = Vegetarian	<p>1st</p> <p>Choice 1 Teriyaki Chicken w/ Vegetables, Fried Rice, Lo-Mein, Egg Roll & Dumplings Grill, Pizza, Deli, & Salad Stations May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar</p>	<p>2nd</p>  <p>Choice 1 Brunch for Lunch Grill, Pizza, Deli, & Salad Stations May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar</p>	<p>3rd</p> <p>Choice 1 Stuffed Shells w/ Side Caesar Salad Grill, Pizza, Deli, & Salad Stations May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar Fries available!</p>	<p>4th</p>  <p>Choice 1 PRESSED Grilled Cheese Bar Roasted Beet Fries Pesto Potato Salad Broccoli & Carrot Salad Grill, Pizza, Deli, & Salad Stations May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads</p>
<p>7th</p> <p>Choice 1 Spicy Buffalo Chicken Melt w/ Cheese & Onion Frizzles Grill, Pizza, Deli, & Salad Stations May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar Fries available!</p>	<p>8th</p>  <p>Choice 1 Beef & Cheese Nachos Grill, Pizza, Deli, & Salad Stations May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar Fries available!</p>	<p>9th</p>  <p>Choice 1 Pancakes w/Tater Tots w/ Local Cinnamon Sweet Potatoes Grill, Pizza, Deli, & Salad Stations May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar</p>	<p>10th</p> <p>Choice 1 Popcorn Chicken Mashed Potato Bowl Grill, Pizza, Deli, & Salad Stations Featuring Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar</p>	<p>11th</p> <p>Choice 1 Burger Bar Featuring Local Sautéed Mushrooms Grill, Pizza, Deli, & Salad Stations Featuring Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar</p>
<p>14th</p> <p>Professional Development Day</p>	<p>15th</p> <p>Choice 1 Sweet & Sour Chicken w/ Fried Rice, Egg Rolls & Dumplings Local Apple & Cabbage Slaw Grill, Pizza, Deli, & Salad Stations May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads</p>	<p>16th</p>  <p>Choice 1 French Toast & Sausage Grill, Pizza, Deli, & Salad Stations May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar</p>	<p>17th</p>  <p>Choice 1 Mac N Cheese Bar w/ Local Roasted Vegetables Grill, Pizza, Deli, & Salad Stations May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar</p>	<p>18th</p> <p>Choice 1 Popcorn Chicken Bar w/ Celery & Carrots Sticks Grill, Pizza, Deli, & Salad Stations May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar</p>
<p>21st</p> <p>Choice 1 Chicken Parmesan Cutlet Sandwich Grill, Pizza, Deli, & Salad Stations May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar Fries available!</p>	<p>22nd</p>  <p>Choice 1 Soft Beef Tacos w/ Black Bean & Corn Salsa Grill, Pizza, Deli, & Salad Stations May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar Fries available daily!</p>	<p>23rd</p> <p>Choice 1 Brunch for Lunch Grill, Pizza, Deli, & Salad Stations May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar Fries available!</p>	<p>24th</p> <p>Choice 1 Pasta & Meat sauce w/ Side Garden Salad & Garlic Breadstick Grill, Pizza, Deli, & Salad Stations May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads</p>	<p>25th</p> <p>CHOPPED Salad Station Grill, Pizza, Deli, & Salad Stations May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar</p>
<p>28th</p> <p>Choice 1 Toasted Meatball Sub Grill, Pizza, Deli, & Salad Stations May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar Fries available!</p>	<p>29th</p> <p>Choice 1 Soft Beef Tacos Served with Salsa & Sour Cream Grill, Pizza, Deli, & Salad Stations May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar</p>	<p>30th</p> <p>Choice 1 French Toast & Sausage Grill, Pizza, Deli, & Salad Stations May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar</p>	<p>31st</p> <p>Choice 1 Chicken Broccoli Alfredo w/ Side Caesar Salad & Garlic Breadstick Grill, Pizza, Deli, & Salad Stations May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads</p>	 <p>For your nutritional needs please visit: https://npsd.nutrislice.com Questions: Donna Humphries 401-233-1150 Ext. 13463 Or Donna.Humphries@Compas-usa.com</p>