

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 </p> <p>Soft Chicken Tacos Served with Salsa & Sour Cream</p> <p>Grill, Pizza, Deli, & Salad Stations</p> <p>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</p> <p>Brunch for Lunch</p> <p>Grill, Pizza, Deli, & Salad Stations</p> <p>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</p> <p>Poutine Bar Featuring all Local & Vegetarian Options</p> <p>Grill, Pizza, Deli, & Salad Stations</p> <p>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</p> <p>Double Hot Dog Bar Grill, Pizza, Deli, & Salad Stations</p> <p>May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar</p> |
| <p>7th</p> <p>Choice 1</p> <p>Spicy Buffalo Chicken Melt w/ Cheese & Onion Frizzles</p> <p>Grill, Pizza, Deli, & Salad Stations</p> <p>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</p> <p>Southwest Chicken & Cheese Rice Bowl</p> <p>Grill, Pizza, Deli, & Salad Stations</p> <p>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</p> <p>Pancakes w/Tater Tots & Maple Syrup</p> <p>Grill, Pizza, Deli, & Salad Stations</p> <p>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</p> <p>Local Butternut Squash Soup & Grilled Cheese</p> <p>Grill, Pizza, Deli, & Salad Stations</p> <p>Featuring Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar</p> | <p>11th</p> <p>Choice 1</p> <p>Popcorn Chicken Bar w/ Celery & Carrots Sticks</p> <p>Grill, Pizza, Deli, & Salad Stations</p> <p>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</p> <p>Cheese Quesadilla w/ Corn & Black Bean Salsa</p> <p>Grill, Pizza, Deli, & Salad Stations</p> <p>May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar Fries available daily!</p> | <p>16th </p> <p>Choice 1</p> <p>French Toast & Sausage</p> <p>Grill, Pizza, Deli, & Salad Stations</p> <p>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</p> <p>Local Fish Taco's with Fresh Pico De gallo</p> <p>Grill, Pizza, Deli, & Salad Stations</p> <p>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</p> <p>Burger Bar w/ Toppings & Sides</p> <p>Grill, Pizza, Deli, & Salad Stations</p> <p>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</p> <p>Chicken Parmesan Cutlet Sandwich</p> <p>Grill, Pizza, Deli, & Salad Stations</p> <p>May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar Fries available daily!</p> | <p>22nd </p> <p>Choice 1</p> <p>Beef & Cheese Nachos</p> <p>Grill, Pizza, Deli, & Salad Stations</p> <p>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</p> <p>Brunch for Lunch</p> <p>Grill, Pizza, Deli, & Salad Stations</p> <p>May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar Fries available daily!</p> | <p>24th</p> <p>Choice 1</p> <p>Philly Cheese Steaks Sub w/ Onions & Peppers & Vegan Cheese Sauce</p> <p>Grill, Pizza, Deli, & Salad Stations</p> <p>May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar</p> | <p>25th</p> <p>PRESSED Panini Station</p> <p>Featuring a variety of classic sandwich combination</p> <p>Grill, Pizza, Deli, & Salad Stations</p> <p>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</p> <p>Meatball Sub</p> <p>Grill, Pizza, Deli, & Salad Stations</p> <p>May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar Fries available daily!</p> | <p>29th </p> <p>Choice 1</p> <p>Beef & Cheese Tacos</p> <p>Grill, Pizza, Deli, & Salad Stations</p> <p>May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar Fries available daily!</p> | <p>30th</p> <p>Choice 1</p> <p>French Toast & Sausage</p> <p>Grill, Pizza, Deli, & Salad Stations</p> <p>May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar Fries available daily!</p> | <p>31st</p> <p>Choice 1</p> <p>Teriyaki Chicken w/ Broccoli Over Rice</p> <p>Grill, Pizza, Deli, & Salad Stations</p> <p>May feature Burgers, Chicken Sandwiches, Pizza, Calzones, Sandwiches & Salads All meals with Milk & sides from the Salad Bar Fries available daily!</p> |  <p>For all your nutritional needs please visit: https://npsd.nutrislice.com Questions: Donna Humphries 401-233-1150 Ext. 13463 Or Donna.Humphries@Compas-usa.com</p> |