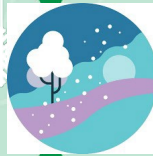


FEBRUARY 2023

Middle School

LUNCH

Menu subject to change due to unforeseen circumstances
This institution is an equal opportunity provider



Fruit and Milk (Skim, 1% and Chocolate Skim) Choices available daily
Additional Daily Entrée Choices: Chipotle Black Bean Veggie Burger on Bun
PB & J Sandwich with Cracker & Cheese Stick or Yogurt Cup
A treat or dessert served weekly, ask your kitchen team for details!

Updated 1/23/2023

MONDAY

Daily choices:

Romaine lettuce, tomatoes, cheese and carrots with assorted toppings (may include: broccoli, red peppers, cucumbers, jicama, egg, cottage cheese, sunflower seeds and more) and dressings

Mandarin Orange **6**
Chicken with **NEW! Fried Rice**
OR French Toast Sticks with Sausage Patty & Yogurt Cup
Edamame & Fresh Carrots
Local Rabideaux Apples

General Tso Chicken with **13**
Brown Rice & **NEW! Chicken Potstickers** OR Pancakes with Sausage Patty & Yogurt Cup
Green Beans & Fresh Carrots
Local Apples & Chilled Blueberries



No School **20**

Chicken and Waffles OR **27**
Baked/Mashed Potato Bar with Turkey & Gravy, Bread Choice & Potato Choice
Fresh Carrots
Green Beans

TUESDAY

Popcorn Chicken with **7**
Biscuit & Potato Choice
OR Pizza Crunchers with Marinara
Corn
Vegetable Choice

Popcorn Chicken with **14**
Biscuit OR Corn Dog
Potato Choice
Corn
Fresh Coleslaw
Fresh Cara Cara Orange Slices

Popcorn Chicken with **21**
Biscuit & Potato Choice
OR Pizza Crunchers with Marinara
Corn & Fresh Carrots
Fresh Orange Slices

Popcorn Chicken with **28**
Biscuit & Potato Choice
OR Chili Hot Dog on a Bun
Corn & V blend Juice
Local Rabideaux Apples

WEDNESDAY

Beef Taco Meat with **1**
Doritos OR Soft-Shell Taco
Brown Rice
Refried Beans
Fresh Tomatoes & Romaine

Beef Taco Meat with **8**
Doritos OR Chicken Burrito
Bowl with Brown Rice
Black or Pinto Beans
Fresh Red Bell Peppers & Romaine
Homemade Black Bean Salsa

Beef Taco Meat with **15**
Doritos OR **NEW! Fiesta Chicken Pizza Pocket**
Refried Beans
Fresh Tomatoes & Romaine
Fresh Banana

Beef Taco Meat with **22**
Doritos
OR Cheese or Chicken Quesadilla
Refried Beans
Fresh Red Bell Peppers & Romaine
Homemade Black Bean Salsa

THURSDAY

Pasta with Chicken **2**
Alfredo OR
Cheese Lasagna Rollup
Garlic Breadstick and Marinara
Fresh Caesar Salad
Fresh Carrots & Jicama Sticks

Pasta with Meat Sauce and **9**
Garlic Breadstick
OR **NEW! Turkey Pepperoni or Cheese Pizza Pocket**
Fresh Caesar Salad & Vegetable Choice
Fresh Red Orange Slices

Pasta with Chicken **16**
Alfredo OR
Garlic Cheesy Bread with Marinara
Fresh Caesar Salad
Broccoli

Pasta with Meat Sauce and **23**
Garlic Breadstick OR
Homemade Tex Mex Pasta Bake
Fresh Caesar Salad
Vegetable Choice
Fresh Pear

FRIDAY

Shrimp Poppers with **3**
Cheesy Bread Bites
OR Homemade Pizza
Green Beans
Fresh Crunchy Salad

Chicken Tenders with **10**
Macaroni & Cheese OR
Homemade Pizza
Glazed Carrots
Vegetable Choices

Local Beef Hot Dog on a **17**
Bun with Chili, Fixings
and Potato Choice
OR Homemade Pizza
Fresh Carrots
Vegetable Choice

Chicken Tenders with **24**
French Fries OR
Homemade Pizza
Green Beans
Vegetable Choices

