

**Tonawanda CSD  
Middle School Lunch Menu**

**May 2017**



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**


**FRIDAY**


1	2	3	4	5
<b>Rajun Cajun Burger</b> w/ Lettuce & Tomato ----- Roasted Zucchini Or Mixed Vegetables ----- Fresh Fruit or Pineapple	<b>French Bread Pizza</b> ----- Tossed Salad Or Steamed Cauliflower ----- Fresh Fruit or Diced Pears	<b>BBQ Pulled Pork Sandwich</b> w/ Shredded Lettuce ----- Sweet Green Peas or Carrots ----- Fresh Fruit or Applesauce	<b>Taco in a Bag</b> w/ Rice ----- Green Beans or TexMex Beans ----- Fresh Fruit or Diced Peaches	<b>Roasted Turkey &amp; Gravy</b> w/ Biscuit ----- Whipped Potatoes & Gravy or Corn Nibblits ----- Fresh Fruit or Mixed Fruit Cup

8	9	10	11	12
<b>Mozzarella Sticks</b> w/ Rotini Swirls ----- Carrot Sticks Or Golden Corn ----- Fresh Fruit or Pineapple	<b>Buffalo Chicken Sub</b> ----- Tossed Romaine Salad or Carrots ----- Fresh Fruit or Peaches	<b>Cinnamon Sticks w/ Sausage</b> ----- Baked Tater Tots or Fresh Celery Sticks ----- Applesauce or Chilled Juice Cup	<b>Picnic BBQ Chicken</b> ----- Steamed Broccoli or Corn Nibblits ----- Fresh Fruit or Pears	<b>Early Release</b>  <b>Grades 6-8</b>

**Choose 3 to 5 components each day, which may include 1 entrée. One of the components must be a fruit or vegetable.**

15	16	17	18	19
<b>Chicken Quesadilla</b> w/ Rice ----- Carrot Coins or Broccoli ----- Fresh Fruit or Pineapple Tidbits	<b>Chicken Patty Parm</b> On a Bun ----- Tossed Romaine Salad or Green Beans ----- Fresh Fruit or Peaches	<b>French Toast Sticks</b> w/ Sausage & Syrup ----- Crispy Tater Tots or Veggie Sticks ----- Applesauce or Chilled Juice Cup	<b>Tacos with Toppings</b> & Salsa ----- Steamed Cauliflower or Vegetarian Beans ----- Fresh Fruit or Diced Pears	<b>Grilled Cheese</b> Sandwich ----- Tomato Soup and Carrots ----- Fresh Fruit or Mixed Fruit Cup

22	23	24	25	26
<b>Jalapeno Nacho</b> Burger w/ Tortilla Chips ----- Zucchini or Carrot Sticks ----- Fresh Fruit or Mandarin Oranges	<b>Nachos Grande</b> w/ Toppings ----- Corn Nibblits or Tossed Romaine Salad ----- Fresh Fruit or Diced Pears	<b>BBQ Steak Hoagie</b> ----- Baked Oven Fries or Mixed Vegetables ----- Fresh Fruit or Applesauce	<b>BBQ Pulled Turkey</b> Sandwich ----- Steamed Broccoli or Baked Beans ----- Fresh Fruit or Peaches	<b>No School</b>  

29	30	31	<b>Choice of Milk Available with Lunch:</b> Low-Fat White, Fat Free White, Fat Free Chocolate <b>Entrees Available Daily</b> Cheese & Specialty Pizza Deli Bar, Grab-n-Go Salads Hamburgers & Cheeseburgers Peanut Butter & Jelly or Cheese Sandwich  All Breads and Grains are Whole Grain Rich	
	<b>Pasta with Meatballs</b> & Garlic Toast ----- Tossed Romaine Salad or Carrot Coins ----- Fresh Fruit or Peaches	<b>Chicken Nuggets</b> w/ Dinner Roll ----- Baked Tater Tots or Fresh Celery Sticks ----- Cinnamon Applesauce or Fresh Fruit		

**Meal Components:**

Protein, Grain, Fruit  
Vegetables & Milk

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