

CLARKE & DIAMOND















Middle School Lunch Menu

January 16-20, 2012

Simply Good Meal Campaign

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and 1% chocolate

Station	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	<i>No School Holiday</i>	BRUNCH FOR LUNCH Western Scrambled Eggs Choice of: Cinnamon Sugar Wrap Toast Mini Pancakes Ham Sticks Home Fried Potatoes topped with Shredded Cheddar Cheese Baked Bananas with Brown Sugar Hot Blueberries, Apple Slices, Cherries Warm Maple Syrup	STUFFED PASTA BOWL Choice of: Stuffed Shells Meatballs Whole Grain Pasta Red Marinara Sauce Meat Sauce Glazed Carrots Garlic Breadstick Roma Herb Seasoning Blend	SOUTHERN BBQ BOWL Choice of: Baked Chicken BBQ Chicken Seasoned Fresh Carrots & Corn Roasted Carrot Fries Diced Tomatoes, Shredded Lettuce Homemade Ancho Chili Dipping Sauce Homemade Honey BBQ Sauce	DOUBLE CHEESEBURGER BOWL Choice of: Double Burger on a Hamburger Roll Pick Your Toppings: Cheddar Cheese American Cheese Shredded Lettuce, Sliced Tomato, Onion Sautéed Mushrooms & Onions Ketchup, Mustard, Relish BBQ Sauce Corn on the Cob Served with Potato Rounds Coleslaw on the Side
 Hot Sandwiches With Hot Sides		Chicken Wrap with Marinated Vegetables Seasoned Green Peas Vegetarian Veggie Pocket with Marinated & Roasted Vegetables drizzled with Italian Dressing & Wrapped in a Pita	Cheeseburger Sub on a Hoagie Roll Fresh Steamed Broccoli Vegetarian Eggplant Parmesan with Lightly Breaded Eggplant, Marinara Sauce & Mozzarella Cheese	BBQ Chicken Sandwich on a Whole Wheat Bun Roasted Carrot Fries Vegetarian Egg & Cheese Bagel Sandwich	Tuna Melt on Whole Wheat Bread Corn on the Cob Vegetarian Sloppy Joes Made with a Trio of Healthy Beans & Seasoned to Perfection
 Classic Cheese & Pepperoni Everyday On a Whole Wheat Dough		Aloha Pizza with Pineapple & Ham Spicy Chicken Sandwich on a Whole Grain Bun Romaine Shaker Salad	BBQ Chicken Pizza Ham & Cheese Stromboli Romaine Shaker Salad Cup	Western Breakfast Pizza Bruschetta Flatbread Pizzas Romaine Shaker Salad Cups	Bruschetta Pizza Four Cheese Calzone Shaker Salad Cup
 -CLARKE ONLY- (Side Room) Fresh Food Fast-Packaged for Grab N' Go		Chicken Wrap with Marinated Vegetables Cheeseburger on a Whole Grain Roll Garden Salad with Cheese Sticks  Balanced Choice Meal Turkey Bagel Club with Vegetable Pasta Salad served with an Apple & Milk	Austin Steak Twister Grilled Cheese Skewers Grilled Cheese with Tomato Skewers Whole Grain Breaded Chicken Caesar Salad  Balanced Choice Meal Toasted Bagel Chips with Fresh Fruit & Veggies served with a Sweet Creamy Cheese Dip, Banana & Milk	BBQ Pork Ribbie on a Whole Wheat Bun Egg Salad Sandwich on a Kaiser Roll Chef's Salad with Cheese Sticks  Balanced Choice Meal Neapolitan Hero with Balsamic Dressing, Vegetable Pasta Salad served with Fresh Purple Grapes & Milk	Buffalo Chicken Slider on a Dinner Roll Tuna Melt on Whole Wheat Bread Cobb Salad with Croutons & Crackers  Balanced Choice Meal Honey Mustard Chicken Pasta Salad, Multigrain Sun Chips, Fresh Orange & Milk
 Fresh Food Fast-Packaged for Grab N' Go		 Balanced Choice Meal Turkey Bagel Club with Vegetable Pasta Salad served with an Apple & Milk Chicken Caesar Salad Ham & Cheese Sandwich Peachy Fruit Salad with Purple Grapes & Strawberries Carrot & Celery Sticks Chocolate Pudding with Oreo Crumbs & Whipped Topping \$0.75	 Balanced Choice Meal Toasted Bagel Chips with Fresh Fruit & Veggies served with a Sweet Creamy Cheese Dip, Banana & Milk Garden Salad topped with BBQ Chicken Fresh Fruit Cups Salad of the Day Cups Fresh Red and Green Apple Pops Jell-O Trifle- \$0.75	 Balanced Choice Meal Neapolitan Hero with Balsamic Dressing, Vegetable Pasta Salad served with Fresh Purple Grapes & Milk Chef's Salad with Cheese Sticks Egg Salad Sandwich on a Kaiser Roll Fresh Fruit Cups Salad of the Day Cups Chinese Potato Salad Strawberries & Yogurt Parfait \$0.75	 Balanced Choice Meal Honey Mustard Chicken Pasta Salad, Multigrain Sun Chips, Fresh Orange & Milk Breaded Chicken Caesar Salad Sunbutter & Local Apples Rolled Up Fresh Fruit Cups Coleslaw Peaches & Cream Cups Butterscotch Pudding Trifle with Whipped Topping \$0.75
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available		Chick Pea Salad Cinnamon Applesauce Spinach Bounty Salad Chilled Diced Peaches Carrot & Celery Sticks Assorted Whole Fruit Special Fruit of the Day: Green Apples	Brown Rice Salad with Kidney Beans Spinach Salad with Pears & Cranberries Chilled Mixed Fruit Carrot & Celery Sticks Assorted Whole Fruit Special Fruit of the Day: Oranges	Sicilian Pasta Salad made with Whole Grain Pasta Romaine Salad with Parmesan Cheese & Croutons Chilled Sliced Strawberries Carrot & Celery Sticks Assorted Whole Fruit Special Fruit of the Day: Pears	Marinated Bean Salad with Garbanzo, Kidney & Black Beans, Marinated in Italian Dressing Garden Salad with Cheese Sticks Chilled Cinnamon Apple Slices Carrot & Celery Sticks Assorted Whole Fruit Special Fruit of the Day: Bananas