

CLARKE & DIAMOND







Middle School Lunch Menu

January 2-6, 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 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	No School Holiday	COUNTRY STYLE CHICKEN BOWL Popcorn Chicken Mashed Potatoes Green Beans with Stewed Tomatoes Carrots dusted with Cinnamon Gravy	PASTA BOWL Lazy Lasagna Marinara Sauce Marinated & Baked Zucchini, Summer Squash & Tomatoes Roasted Red Potatoes with Garlic Cheesy Breadstick	STEAK & CHEESE BOWL NY Style Shaved Steak Cheddar Cheese Sauce Mushrooms & Onions Green & Red Peppers Shaved Thin Warm French Bread Beef Au Jus Homemade Roasted Tomato Salsa Shredded Cheddar Cheese	BACKYARD BBQ BOWL BBQ Pork Ribbies Macaroni & Cheese with Whole Grain Macaroni Topped with Homemade Breadcrumbs & Baked in the Oven Carrots Fresh Steamed Broccoli Honey Buttermilk Biscuit
 Hot Sandwiches With Hot Sides		Spicy Chicken Sandwich on a Whole Grain Bun Packaged with Green Beans with Stewed Tomatoes <u>Vegetarian</u> Toasted Mozzarella & Tomato on Texas Toast	Marinated Chicken & Vegetable Wrap Roasted Peppers & Onions <u>Vegetarian</u> Cheese Pizza Wrap with Mozzarella Cheese	Triple Decker Grilled Ham & Cheese Skewers Packaged with Potato Wedges <u>Vegetarian</u> Pasta Baked with Fresh Marinara Sauce & Mozzarella Cheese	Cheeseburger on a Whole Grain Bun Packaged with Potato Puffs Simply Good Meal Campaign Special <u>Vegetarian</u> Brown Rice & Marinated Vegetable Wrap
 Classic Cheese & Pepperoni Everyday On a Whole Wheat Dough		Vegetarian Pizza Flatbread Pepperoni Pizza Romaine Shaker Salad	Broccoli & Cheese Pizza Whole Wheat Pizza Dunkers with Shredded Cheese & Marinara Sauce Romaine Shaker Salad Cup	Spinach Ricotta Pizza Ham & Cheese Calzone Romaine Shaker Salad Cup	Supreme Pizza Margherita Flatbread Romaine Shaker Salad Cup
 -CLARKE ONLY- (Side Room) Fresh Food Fast-Packaged for Grab N' Go		Texas Toast Grilled Cheese Skewers Spicy Chicken Sandwich on a Whole Grain Bun Chef Salad with Crackers Balanced Choice Meal Veggie Lover's Sub with Macaroni Salad, Fresh Banana & Milk	Marinated Chicken & Vegetable Wrap Chicken Caesar Salad with Croutons Balanced Choice Meal Turkey Burger Club with Seasoned Mixed Vegetables served with Warm Baked Apple Slices & Milk	Triple Decker Grilled Ham & Cheese Skewers Crunch Spinach Salad with Cranberries & Feta Balanced Choice Meal Whole Grain Chicken Nuggets with Whole Grain Bun, Potato Wedges, Mixed Vegetables served with an Orange, Apple Muffin Square & Milk	Simply Good Meal Campaign Special Brown Rice & Marinated Vegetable Wrap Asian Noodle Salad with Fresh Vegetables & Grilled Chicken Balanced Choice Meal Meatballs with Marinara Sauce over Seasoned Pasta, Toasted Garlic Bun, Confetti Coleslaw, Applesauce & Milk
 Fresh Food Fast-Packaged for Grab N' Go		Balanced Choice Meal Veggie Lover's Sub with Macaroni Salad, Fresh Banana & Milk Chef Salad with Crackers Sunbutter and Jelly Sandwich with an Apple Banana & Orange Cups Chocolate & Vanilla Pudding Swirl \$0.75	Balanced Choice Meal Turkey Burger Club with Seasoned Mixed Vegetables served with Warm Baked Apple Slices & Milk Chicken Caesar Salad with Croutons Fresh Mixed Fruit Cups Salad of the Day Cups Fresh Green & Red Grape Cups Strawberry & Yogurt Parfait \$0.75	Balanced Choice Meal Whole Grain Chicken Nuggets with Whole Grain Bun, Potato Wedges, Mixed Vegetables served with an Orange, Apple Muffin Square & Milk Crunchy Spinach Salad with Cranberries & Feta Fresh Mixed Fruit Cups Asian Noodle Salad Cups Fresh Orange & Kiwi Cups Chocolate & Vanilla Pudding Swirl \$0.75	Balanced Choice Meal Meatballs with Marinara Sauce over Seasoned Pasta, Toasted Garlic Bun, Confetti Coleslaw, Applesauce & Milk Asian Noodle Salad with Fresh Vegetables & Grilled Chicken Fresh Mixed Fruit Cups Fresh Red & Green Apple Cups Yogurt Parfait with Assorted Fruit \$0.75
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available		Garden Salad with Romaine Lettuce, Tomato & Cucumber Whole Grain Pasta Salad with Fresh Veggies & Tomatoes Cole Slaw Chilled Blueberry & Strawberry Salad Carrot & Celery Sticks Salad of the Day Assorted Whole Special Fruit of the Day: Pears	Caesar Salad tossed lightly with Dressing & Topped with Croutons Simply Good Meal Campaign Special Rice Salad with Fresh Vegetables Cole Slaw Chilled Apple Slices with Cinnamon Carrot & Celery Sticks Salad of the Day Assorted Whole Fruit Special Fruit of the Day: Oranges	Tossed Garden Salad with Mixed Greens & Spinach lightly Dressed Peachy Fruit Salad with Red Grapes & Strawberries Cole Slaw Chilled Apricots Carrot & Celery Sticks Salad of the Day Assorted Whole Fruit Special Fruit of the Day: Bananas	Mixed Greens with Roasted Corn, Red Peppers & Light Vinaigrette Peachy Fruit Salad with Red Grapes & Strawberries Cole Slaw Chilled Strawberry Cups Carrot & Celery Sticks Salad of the Day Assorted Whole Fruit Special Fruit of the Day: Red Apples