

CLARKE & DIAMOND

Middle School Lunch Menu

January 30- February 3, 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 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	CHICKEN & CHEESE QUESADILLAS A mix of Low Fat Mozzarella & Cheddar Cheeses baked between Two Flour Tortillas Accompanied By: Diced Tomatoes Shredded Lettuce Shredded Cheese Homemade Salsa Sour Cream	LATIN AMERICAN ROAST PORK BOWL Puerto Rican Citrus Pork Rice & Beans <i>Simply Good Meal Campaign Special</i> Cilantro Lime Brown Rice Zucchini & Summer Squash Spicy Lime Whole Wheat Tortilla Chips Salsa	ITALIAN PASTA BOWL Choice of: Stuffed Shells Meatballs Vegetable Primavera with a White Sauce Marinara Sauce Chef's Choice Seasonal Vegetable Toasted Breadstick Roma Herb Seasoning Blend	NACHO FUN BOWL Seasoned Taco Meat <i>Simply Good Meal Campaign Special</i> Brown Rice with Kidney & Black Beans Vegetarian Refried Beans Low Fat Cheddar Cheese Sauce Whole Grain Tortilla Strips Accompanied By: Homemade Salsa Sour Cream Shredded Cheddar Cheese Diced Tomato Shredded Lettuce	BREAKFAST FOR LUNCH Choice of: Cinnamon French Toast or Egg Sandwich on an English Muffin with Melted American Cheese Sausage Patty Shredded Hash Brown Potatoes Cheesy Grits Warm Maple Syrup
 Hot Sandwiches With Hot Sides	BBQ Chicken Wrap Hot Seasoned Veggie of the Day <i>Vegetarian</i> Pizza Bagel Fun Lunch with Cheese & Marinara Sauce	Spicy Chicken Patty Sandwich Potato Puffs <i>Vegetarian</i> Steamed Pasta with Marinara Sauce & Fresh Vegetables	BBQ Meatloaf Grille Sandwich Cinnamon Sweet Potato Coins <i>Vegetarian</i> Quesadilla with Cheese, Carrot & Beans	Spicy Chicken Patty Sandwich Potato Puffs <i>Vegetarian</i> Steamed Pasta with Marinara Sauce & Fresh Vegetables	Italian Steak Sandwich with Peppers & Onions Peppers & Onions <i>Vegetarian</i> Sloppy Joes made with Beans
 Classic Cheese & Pepperoni Everyday On a Whole Wheat Dough	Greek Style Pizza Meatball Stromboli Romaine Shaker Salad Cup	Red Hot Chicken Pizza Assorted Flatbread Pizzas Romaine Shaker Salad Cup	Bronco Vegetarian Pizza Chicken, Cheese & Red Bean Enchiladas Romaine Shaker Salad Cup	Red Hot Chicken Pizza Assorted Flatbread Pizzas Romaine Shaker Salad Cup	Steak & Cheese Pizza Pepper & Onion Personal Pizzas Romaine Shaker Salad Cup
 -CLARKE ONLY- (Side Room) Fresh Food Fast-Packaged for Grab N' Go	Breaded Buffalo Style Chicken Sandwich on a Whole Wheat Bun Roast Beef & Spinach with Tomato & Italian Dressing on a Wrap Cobb Salad with Croutons ▲ Balanced Choice Meal Margarita Flatbread with Corn & Black Bean Salad served with Fruit Crisp & Milk	Triple Decker Ham & Cheese Sandwich Spicy Chicken Patty Sandwich Mandarin Chicken Salad ▲ Balanced Choice Meal Grilled Chicken & Vegetables on a Kaiser Roll, Macaroni Salad, Fresh Apple & Milk	Classic Cheeseburger on a Whole Wheat Bun BBQ Meatloaf Grille Sandwich Antipasto Salad with Parmesan Cheese ▲ Balanced Choice Meal Turkey Burger Club with Seasoned Mixed Vegetables served with Warm Baked Apple Slices & Milk	Triple Decker Ham & Cheese Sandwich Spicy Chicken Patty Sandwich Mandarin Chicken Salad ▲ Balanced Choice Meal Grilled Chicken & Vegetables on a Kaiser Roll, Macaroni Salad, Fresh Apple & Milk	Meatball Sub with melted Mozzarella Cheese Ancho Chili Chicken & Cheddar Buffalo Chicken Tender Salad ▲ Balanced Choice Meal Whole Grain Chicken Nuggets w/ Whole Grain Bun, Potato Wedges, Mixed Vegetables served with an Orange, Apple Muffin Square & Milk
 Fresh Food Fast-Packaged for Grab N' Go	▲ Balanced Choice Meal Margarita Flatbread with Corn & Black Bean Salad served with Fruit Crisp & Milk Cobb Salad with Croutons Fresh Fruit Cups Carrot & Celery Sticks Cups Fresh Orange Smiles Cups Rice Crispy Treats \$0.75	▲ Balanced Choice Meal Grilled Chicken & Vegetables on a Kaiser Roll, Macaroni Salad, Fresh Apple & Milk Fresh Fruit Cups Salad of the Day Cups Apricots with Whipped Topping Warm Peach Cobbler served in your own Container with Whipped Topping \$0.75	▲ Balanced Choice Meal Turkey Burger Club with Seasoned Mixed Vegetables served with Warm Baked Apple Slices & Milk Tuna Garden Salad Fresh Fruit Cups Sweet Corn Salad Cups Fresh Grape Cups Jell-O Trifle with Whipped Topping \$0.75	▲ Balanced Choice Meal Grilled Chicken & Vegetables on a Kaiser Roll, Macaroni Salad, Fresh Apple & Milk Fresh Fruit Cups Salad of the Day Cups Apricots with Whipped Topping Warm Peach Cobbler served in your own Container with Whipped Topping \$0.75	▲ Balanced Choice Meal Whole Grain Chicken Nuggets w/ Whole Grain Bun, Potato Wedges, Mixed Vegetables served with an Orange, Apple Muffin Square & Milk Buffalo Chicken Tender Salad Fresh Fruit Cups Salad of the Day Cups Red & Green Apple Cups Pudding Trifle with Whipped Topping \$0.75
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Caesar Salad with Croutons Spinach Salad with Cherry Tomatoes, Bacon Crumbles & Balsamic Vinaigrette Chilled Diced Peaches Carrot & Celery Sticks Assorted Whole Fruit Special Fruit of the Day: Green Apples	Chef's Choice Salad Creamy Carrot & Raisin Salad Chilled Strawberry Cups Carrot & Celery Cups Assorted Whole Fruit Special Fruit of the Day: Bananas	Spinach & Field Greens with Mandarin Oranges Classic Potato Salad Chilled Mixed Fruit Carrot & Celery Sticks Assorted Whole Fruit Special Fruit of the Day: Oranges	Chef's Choice Salad Creamy Carrot & Raisin Salad Chilled Strawberry Cups Carrot & Celery Cups Assorted Whole Fruit Special Fruit of the Day: Bananas	Crunchy Spinach Salad with Feta & Cranberries Fresh Homemade Rice Salad Chilled Cinnamon Apple Slices Carrot & Celery Sticks Assorted Whole Fruit Special Fruit of the Day: Bananas