

CLARKE & DIAMOND

Middle School Lunch Menu

January 9-13, 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 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	<p>MOM'S MASHED POTATO BAR</p> <p><u>Pick your Mashed Potato</u></p> <ul style="list-style-type: none"> Garlic Cheddar Sweet Potato Chili Broccoli Bits Bacon Crumbles Shredded Cheddar Cheese Sour Cream Homemade Brown Gravy Homemade Cheese Sauce 	<p>TURKEY DINNER BOWL</p> <ul style="list-style-type: none"> Roasted Turkey Local Baked Butternut Squash Steamed Green Beans Homemade Bread Stuffing Turkey Gravy Served with a Warm Dinner Roll Cranberry Sauce 	<p>PARMESAN BOWL</p> <ul style="list-style-type: none"> Your Choice of: Chicken Parmesan Eggplant Parmesan Marinara Sauce & Mozzarella Cheese Whole Grain Rotini Spaghetti Steamed Corn Garlic Bread Roma Herb Seasoning Parsley Flakes 	<p><i>Professional Development No Lunch Served ½ Day</i></p>	<p>AMERICAN DINER BOWL</p> <ul style="list-style-type: none"> Meatloaf Roasted Red Potatoes Herb Butter Carrots Seasoned Roasted Local Vegetables Brown Gravy Corn Muffin Parsley Flakes
<p>Hot Sandwiches With Hot Sides</p>	<ul style="list-style-type: none"> Cheese Quesadillas on Soft Tortillas Made with Chicken or Cheese Sour Cream to Dip Broccoli <u>Vegetarian</u> Toasted Mozzarella & Tomato on Texas Toast 	<ul style="list-style-type: none"> Sausage, Egg & Cheese on a Bagel Potato Puffs <u>Vegetarian</u> Bell Pepper Stuffed with a Savory Blend of Rice, Tomato Sauce & Seasonings 	<ul style="list-style-type: none"> Hamburger topped with Tomato Salsa & Shredded Cheddar Cheese Steamed Corn <u>Vegetarian</u> Roasted Veggie Pocket 		<ul style="list-style-type: none"> Toasty Meatball Sub with Mozzarella Cheese Herb Butter Carrots <u>Vegetarian</u> Egg Sandwich with Peppers & Cheese
<p>Classic Cheese & Pepperoni Everyday On a Whole Wheat Dough</p>	<ul style="list-style-type: none"> White Pizza with Roasted Garlic Veggie Lover's Flatbread Pizza Shaker Salad Cup 	<ul style="list-style-type: none"> Greek Style Pizza Assorted 7" Calzones Shaker Salad Cups 	<ul style="list-style-type: none"> Neapolitan Pizza Italian Piadini: Ham, Turkey & Cheese Sandwich made with Pizza Dough Romaine Shaker Salad 		<ul style="list-style-type: none"> Chicken Fajita Pizza Assorted French Bread Pizzas Romaine Shaker Salad Cup
<p>-CLARKE ONLY- (Side Room) Fresh Food Fast-Packaged for Grab N' Go</p>	<ul style="list-style-type: none"> Cheeseburger on a Whole Wheat Bun Cheese Quesadillas on Soft Tortillas Made with Chicken or Cheese Sour Cream to Dip Chef's Salad with Ham, Turkey, Cheese & Crackers ▲ Balanced Choice Meal Chicken Taziki Wrap with Crunchy Spinach, Greek Potato Salad, Fruit Cocktail & Milk 	<ul style="list-style-type: none"> Taco Sandwich with Spicy Taco Meat, Shredded Cheddar Cheese & Salsa on a Whole Grain Roll Sausage, Egg & Cheese on a Bagel Sweet & Sour Crispy Chicken Salad with Crunchy Tortilla Strips ▲ Balanced Choice Meal Tuna Wrap with Applesauce, Banana & Milk 	<ul style="list-style-type: none"> BBQ Turkey Sub on a Whole Wheat Roll Grilled Chicken topped with a Greek Salad and served on a Warm Whole Wheat French Bread Chicken Taco Salad ▲ Balanced Choice Meal Meatballs with Marinara Sauce over Seasoned Pasta, Toasted Garlic Bun, Confetti Coleslaw, Applesauce & Milk 		<ul style="list-style-type: none"> Twin Turkey Hot Dogs Toasty Meatball Sub with Marinara Sauce & Mozzarella Cheese Chicken Caesar Salad with Croutons ▲ Balanced Choice Meal Tri Color Corn Chips & Fresh Veggies with Hummus served with Raisins & Milk
<p>Fresh Food Fast-Packaged for Grab N' Go</p>	<ul style="list-style-type: none"> ▲ Balanced Choice Meal Chicken Taziki Wrap with Crunchy Spinach, Greek Potato Salad, Fruit Cocktail & Milk Chef's Salad with Ham, Turkey, Cheese & Crackers Fresh Mixed Fruit Cups Salad of the Day Cups Marinated Tomato & Cucumber Jell-O Trifle \$0.75 	<ul style="list-style-type: none"> ▲ Balanced Choice Meal Tuna Wrap with Applesauce, Banana & Milk Sweet & Sour Crispy Chicken Salad with Crunchy Tortilla Strips Fresh Mixed Fruit Cups Salad of the Day Cups Creamy Carrot, Raisin & Pineapple Salad Butterscotch Pudding drizzled with Chocolate & Whipped Topping \$0.75 	<ul style="list-style-type: none"> ▲ Balanced Choice Meal Meatballs with Marinara Sauce over Seasoned Pasta, Toasted Garlic Bun, Confetti Coleslaw, Applesauce & Milk Chicken Taco Salad with Tortilla Chips Italian Steak Sandwich with Cheese Fresh Fruit Cups Fresh Grape Cups Jell-O Trifle \$0.75 		<ul style="list-style-type: none"> ▲ Balanced Choice Meal Tri Color Corn Chips & Fresh Veggies with Hummus served with Raisins & Milk Chicken Caesar Salad with Croutons Fresh Fruit Cups Broccoli and Ranch Cups Diced Peach Cups Strawberries & Yogurt Parfait topped with Granola Crumbs \$0.75
<p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	<ul style="list-style-type: none"> Pasta Salad with Spinach, Tomato & Corn Cole Slaw Chilled Diced Peaches Carrot & Celery Sticks Salad of the Day Assorted Whole Fruit Special Fruit of the Day: Green Apples 	<ul style="list-style-type: none"> Creamy Carrot, Raisin & Pineapple Salad Cole Slaw Chilled Blueberry & Strawberry Salad Salad of the Day Assorted Whole Fruit Special Fruit of the Day: Pears 	<ul style="list-style-type: none"> Caesar Salad Creamy Carrot & Raisin Salad Chilled Mixed Fruit Carrot & Celery Sticks Assorted Whole Fruit Special Fruit of the Day: Oranges 		<ul style="list-style-type: none"> Tossed Salad with Light Dressing Broccoli Salad Chilled Sliced Strawberries Carrot & Celery Sticks Assorted Whole Fruit Special Fruit of the Day: Pears