

September 2013

Middle School Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Served Daily:



Pepperoni Pizza



Hamburger or Cheeseburger



Salad



Chicken Sandwich



Yogurt Parfait

2

NO SCHOOL FOR STUDENTS

3

Lunch Entrées-Choose One
BBQ Quesadillas
Toasted Cheese Sandwich
Chicken Tenders w/Breadstick

Sides-Choose One or More
Crinkle Cut French Fries, Confeetti Collards
Strawberry Cup, Fresh Orange

4

Lunch Entrées-Choose One
Spaghetti w/Cinnamon Roll
Buffalo Chicken Pizza
Deli Sandwich

Sides-Choose One or More
Caesar Salad, Steamed Squash
Mandarin Oranges, Fresh Fruit Cup

5

Lunch Entrées-Choose One
Baked Chicken w/Roll
Stuffed Crust Cheese Pizza
**BBQ Sandwich

Sides-Choose One or More
Baked Beans, Coleslaw
Fresh Banana, Fresh Peach **w/Fresh SC Grown Peaches**

6

Lunch Entrées-Choose One
General Tso's Chicken w/Rice
Garlic Cheesy Bread
**Corn Dog

Sides-Choose One or More
Corn, Baby Carrots
Applesauce, Fresh Grapes

9

Lunch Entrées-Choose One
Bowtie Chicken Alfredo w/Roll
Sicilian Cheese Pizza Strips
**Hot Dog w/Chili

Sides-Choose One or More
Green Beans, Glazed Sweet Potatoes
Pineapple Tidbits, Fresh Apple

10

Lunch Entrées-Choose One
Cheesy Chicken Quesadillas
Toasted Cheese Sandwich
Chicken Tenders w/Breadstick

Sides-Choose One or More
Crinkle Cut French Fries, Roasted Asparagus
Strawberry Cup, Fresh Orange

11

COLLABORATIVE DAY

Lunch Entrées-Choose One
Turkey Deli Sub
Corn dog
Fresh Baby Carrots, Fresh Celery Sticks
Rosati Ice 100% Fruit Juice,
Fresh Fruit

12

Lunch Entrées-Choose One
Teriyaki Chicken w/Rice
Stuffed Crust Pepperoni Pizza
**Cuban Pork Sandwich

Sides-Choose One or More
Black-eyed Peas, Veggie Cup
Peach Cup, Fresh Banana

13

Lunch Entrées-Choose One
Tostitos w/Fajita Chicken & Queso
Garlic Cheesy Bread
**Corn Dog

Sides-Choose One or More
Corn, Garden Salad
Fresh Grapes, Watermelon **w/Fresh SC Grown Watermelon**

16

Lunch Entrées-Choose One
Macaroni & Cheese w/Roll
Mozzarella Cheese Stick
**Hot Dog w/Chili

Sides-Choose One or More
Green Beans, Parsley Potatoes
Pineapple Tidbits, Fresh Apple

17

Lunch Entrées-Choose One
BBQ Quesadillas
Toasted Cheese Sandwich
Chicken Tenders w/Breadstick

Sides-Choose One or More
Crinkle Cut French Fries, Steamed Broccoli
Strawberry Cup, Fresh Orange

18

Lunch Entrées-Choose One
Spaghetti w/Cinnamon Roll
Buffalo Chicken Pizza
Deli Sandwich

Sides-Choose One or More
Caesar Salad, Steamed Squash
Mandarin Oranges, Fresh Fruit Cup

19

Lunch Entrées-Choose One
Baked Chicken w/Roll
Stuffed Crust Cheese Pizza
**BBQ Sandwich

Sides-Choose One or More
Baked Beans, Coleslaw
Fresh Banana, Fresh Peach **w/Fresh SC Grown Peaches**

20

Lunch Entrées-Choose One
Japanese Cherry Blossom Chicken w/Rice
Garlic Cheesy Bread
**Corn Dog

Sides-Choose One or More
Corn, Baby Carrots
Applesauce, Fresh Grapes

23

Lunch Entrées-Choose One
**Penne w/Spinach & Ham w/Roll
Sicilian Cheese Pizza Strips
**Hot Dog w/Chili

Sides-Choose One or More
Green Beans, Glazed Sweet Potatoes
Pineapple Tidbits, Fresh Apple

24

Lunch Entrées-Choose One
Cheesy Chicken Quesadillas
Toasted Cheese Sandwich
Chicken Tenders w/Breadstick

Sides-Choose One or More
Crinkle Cut French Fries, Sweet Peas
Strawberry Cup, Fresh Orange

25

Lunch Entrées-Choose One
Lasagna w/Cinnamon Roll
Buffalo Chicken Pizza
Deli Sandwich

Sides-Choose One or More
Caesar Salad, Roasted Cauliflower
Mandarin Oranges, Fresh Fruit Cup

26

Lunch Entrées-Choose One
Tangerine Chicken w/Rice
Stuffed Crust Pepperoni Pizza
**Cuban Pork Sandwich

Sides-Choose One or More
Picante Pinto Beans, Veggie Cup
Peach Cup, Fresh Banana

27

Lunch Entrées-Choose One
Tostitos w/Beef & Queso
Garlic Cheesy Bread
**Corn Dog

Sides-Choose One or More
Corn, Garden Salad
Fresh Grapes, Watermelon **w/Fresh SC Grown Watermelon**

30

Lunch Entrées-Choose One
Macaroni & Cheese w/Roll
Mozzarella Cheese Stick
**Hot Dog w/Chili

Sides-Choose One or More
Green Beans, Mashed Potatoes
Pineapple Tidbits, Fresh Apple

Fresh on the Menu

CERTIFIED **SC GROWN**



MEALTIME MESSAGE

Lunch \$2.75

Assorted Milk Choices Available Daily for Breakfast and Lunch: 1% White, Skim White, Fat Free Chocolate, Strawberry, and Vanilla

This Month's SC Grown Fresh Produce....

Watermelon



Peaches

Fun Facts:

The first cookbook published in the United States in 1796 contained a recipe for watermelon rind pickles. Food Historian John Martin Taylor says that early Greek settlers brought the method of pickling watermelon with them to Charleston, South Carolina.

The peach tree is often considered to be the tree of life.

** Contains Pork

All Bread that is served in Lexington School District #1 is Whole Grain.

Menu Items subject to change based upon availability.



Nondiscrimination Statement: This institution is an equal opportunity provider.
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