

FUEL ZONE CAFE

MIDDLE SCHOOL Lunch Menu

APRIL 2018

Nutrition Bar (fruits and vegetables) offered daily with your choice of entrée and milk. Choose from a variety of fruits and vegetables



Menu items subject to change without notice

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Toasty Grilled Cheese

Steamed Corn
Crisp Romaine Lettuce
Tomato Soup

Golden Chicken Nuggets

Steamed Green Beans
Fresh Baby Carrots
Dinner Roll

Zesty Tachos

Spanish Rice
Crisp Romaine Lettuce
Fresh Diced Tomatoes
Pinto Beans

Warm BBQ Chicken Sandwich

Creole Roasted Potatoes
Crisp Romaine Lettuce
Fresh Diced Tomatoes

Grilled Ham & Cheese

Steamed Green Beans
Potato Wedges

Cheesy Baked Ziti

Sweet Corn
Fresh Broccoli

Crunchy Frito Pie

Zesty Spanish Rice
Pinto Beans w/Salsa
Fresh Diced Tomatoes
Crisp Romaine Lettuce

Roasted Turkey w/Gravy

Biscuit
Mashed Potatoes
Crunchy Baby Carrots

Sweet & Sour Chicken Nuggets

Brown Rice
Orange Glazed Carrots
Fresh Broccoli Trees

Meatball Marinara with Pasta

Romaine Garden Salad
Steamed Green Beans

Pancakes

Scrambled Eggs
Toasty Tator Tots
Crunchy Baby Carrots
Syrup

Toasty Meatball Hoagie

Spaghetti
Fresh Popeye Salad
Steamed Italian Vegetables

BBQ Pork Sandwich

Sweet Potato Waffle
Fries
Sweet Corn Cobette

Cheesy Buffalo Nachos

Celery Sticks
Crisp Romaine Lettuce
Fresh Diced Tomatoes

Tangy Mandarin Orange Chicken

Warm Brown Rice
Oriental Vegetables
Tender Edamame

Golden Corn Dog

Steamed Peas
Crisp Romaine Lettuce
Fresh Diced Tomatoes

Hot Ham & Cheese Sandwich

Fresh Baby Carrots
Mashed Potatoes

Spaghetti w/ Meat Sauce

Garlic Breadstick
Fresh Popeye Salad
Steamed Italian Vegetables

Soft Shell Chicken Taco

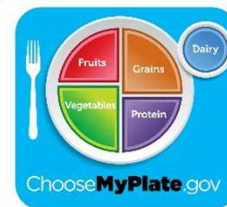
Zesty Spanish Rice
Mexi-corn
Crisp Romaine Lettuce

Hot Toasted Buffalo Chicken Hoagie

Zesty Ranch JoJos
Crisp Celery Sticks

Homemade Mac & Cheese

Warm Golden Breadstick
Steamed Peas
Fresh Baby Carrots



FRESH PICKS

Prices

Lunch:

Grades 5-8: \$2.55

Reduced: \$0.40

Adult: \$3.75

Milk: \$0.40

The Grille

Daily Grill Items

Hamburger
Cheeseburger
Chicken Patty

All grill items include choice of fresh toppings



GOOD to GO

Served Daily

Assorted Sub Sandwiches and Fresh Salads

A'viands
an elior company

Menu Key: FP = Fresh Pick • WG = Whole Grain