

MIDDLE SCHOOL * MAY 21



A nourished student is a learning student!

This institution is an equal opportunity provider.



Su	Mon	Tue	Wed	Thu	Fri	S
	<p>3 Whole Grain Crust Cheese Pizza OR Whole Grain Rotini w/ Meat Sauce Served with a Whole Grain Dinner Roll</p> <p>Ranch Packets</p> <p>10 Cinnamon Glazed French Toast Cheese Omelet Hash Brown Rounds OR Cheese Burger served with Whole Wheat Bun</p> <p>Ketchup, Mustard, and Ranch Packets</p> <p>17 Hot Ham and Cheese on a Whole Grain Pretzel Bun OR Chicken or Cheese Quesadilla w/ Salsa & Sour Cream</p> <p>Ranch Packets</p> <p>24 2 for 1 Chicken Fajita with Whole Grain Tortillas, Shredded Cheese, Shredded Lettuce, Salsa and Sour Cream OR Whole Grain Crust Cheese Pizza OR Cook's Choice Entrée Ranch Packets</p>	<p>No In-person Instruction</p>	<p>On Wednesdays</p> <p>Free Meal Distribution of 6 Days of Breakfasts and 4 Days of Lunches for In-person Learning Students at All Secondary Schools from 7am to 1pm.</p> <p>Carleton will open from 7am to 5pm.</p> <p>(No Distribution at Butcher & Hatherly)</p>	<p>6 Bosco Sticks & Tomato Dipping Sauce OR All Beef Hotdog with Whole Wheat Bun</p> <p>Ketchup, Mustard, and</p> <p>13 2 Whole Grain Breaded Chicken Drumstick w/ a WCS Made Cheese Biscuit OR Whole Grain French Bread Pizza</p> <p>Ranch Packets</p> <p>20 Chicken Shawarma w/ Mujaddara, half Loco Bread and Tzatziki Sauce OR Lasagna Rollup w/ Marinara A Whole Grain Dinner Roll</p> <p>Ranch Packets</p> <p>27 Kung Pao Turkey Meatballs & Noodles Served with a Dinner Roll OR Grilled Cheese Sandwich WCS Made Soup</p> <p>Ranch Packet</p>	<p>No In-person Instruction</p>	



Monday Cold Lunch Choices

- Parfait w/ Banana Bread
- Veggie Chef Salad w/ Italian Dressing
- Turkey Sub Sandwich w/ Mayo & Mustard Packet

- Broccoli Buds, Baby Carrots, Zucchini Slices
- Apple Slices, Banana, Applesauce Cup
- Apple Juice & Fruit Punch
- Choice Of Milk

Thursday Cold Lunch Choices

- Soybutter Meal
- Chicken Chef Salad w/ Ranch Dressing
- Hummus Platter

- Broccoli Buds, Cherry Tomatoes, Celery Sticks
- Fresh Pear, Fresh Oranges, Diced Peach Cup
- Apple Juice & Fruit Punch
- Choice of Milk