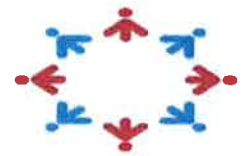




SEPTEMBER MIDDLE SCHOOL LUNCH MENU:



Monday	Tuesday	Wednesday	Thursday	Friday
	5 TOP YOUR OWN HAMBURGER CRINKLE CUT FRIES FRESH FRUIT CHOICE FRESH VEGGIES MILK	6 ITALIAN DUNKER MARINARA SAUCE GREEN BEANS FRESH FRUITS & VEG ICE CREAM SANDWICH MILK	7 PARMESAN GARLIC CHICKEN MASHED POTATOES MIXED GREENS SALAD FRESH FRUIT CHOICE FRESH BAKED ROLL MILK	8 BURRITO BAR FRESH FRUITS & VEG FRESH VEGGIES FRUIT ICE MILK
11 CHICKEN TENDER CURLY PASTA PARMESAN CRUSTED EDAMAME FRESH FRUITS & VEGGIES GARLIC TOAST MILK	12 CHEESE OMELET CINN GLAZED FRENCH TOAST TRI-TATORS FRESH FRUIT & JUICE MILK	13 CHEESY CHICKEN QUESADILLA with FRESH TOPPING FRESH FRUITS & VEG CINNAMON ROLL MILK	14 *COUNTRY FRIED STEAK MASHED POTATOES CORN FRESH FRUITS & VEG FRESH BAKED ROLL MILK	15 CHEESE or *PEPPERONI PIZZA GARLIC BREAD STICK FRESH BABY CARROTS MIXED GREENS SALAD FRUIT CHOICE MILK
18 MANDARIN ORANGE CHICKEN STEAMED RICE STIR FRY VEGETABLES FRESH FRUITS & VEG MILK	19 * PULLED PORK SANDWICH HERB ROASTED POTATOES COLESLAW FUDGE BAR FRESH FRUIT & JUICE MILK	20 CHICKEN SMACKERS MASHED POTATOES PEAS FRESH FRUITS & VEG FRESH BAKED ROLL MILK	21 BEEFY NACHOS CHEESY REFRIED BEANS FRESH FRUITS & VEG WARM CINNAMON APPLES MILK	NO SCHOOL
25 MINI CORN DOGS CRINKLE CUT FRIES PEAS FRESH FRUITS & VEG MILK	26 PASTA BAR CALIFORNIA BLEND MIXED GREENS SALAD FRUIT CHOICE GARLIC TOAST MILK	27 CHICKEN PATTY ON A BUN SUN CHIPS BAKED BEANS FRESH FRUITS & VEG MILK	28 COUNTRY FRIED BEEF STEAK MASHED POTATOES GREEN BEANS FRESH FRUIT & JUICE FRESH BAKED ROLL MILK	29 FISH FILLET SANDWICH POTATO SMILES STEAMED BABY CARROTS FRESH FRUITS & VEG JONNY POP MILK

ALTERNATES:

Hot Sandwich Salad Bar ~ P.B.&J. Box Lunch	Chicken Basket Salad Bar ~ P.B.&J. Box Lunch	* Pizza Salad Bar ~ P.B.&J. Box Lunch	Ethnic Plate Salad Bar ~ P.B.&J. Box Lunch	Blue Plate Special Salad Bar ~ P.B.&J. Box Lunch
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SELECT GRILL MENU: \$2.55

Chicken Basket French Fries Carrots & Celery Fruit Choice	Hot Sandwich Sweet Potato or French Fries Broccoli Fruit Choice	Chicken Basket French Fries Baked Beans Fruit Choice	Hot Sandwich Sweet Potato or French Fries Mixed Greens Salad Fruit Choice	Chicken Basket French Fries Carrots & Celery Fruit Choice
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BIG CAT GRILL MENU: \$3.40

Premium Chicken Basket * Big Daddy's Pizza Croissant Sandwich French Fries Carrots & Celery Fruit Choice	Orange Chicken with Rice Mini Corn Dogs Fresh Wrap Sweet Potato or French Fries Broccoli Fruit Choice	Premium Chicken Basket * Big Daddy's Pizza Croissant Sandwich Pizza Crunchers Baked Beans - French Fries Fruit Choice	Fresh Wrap Twisted Cheese Bread or Italian Dunkers Mini Corn Dogs Sweet Potato or French Fries Mixed Greens Salad Fruit Choice	Premium Chicken Basket * Big Daddy's Pizza Croissant Sandwich French Fries Carrots & Celery Fruit Choice
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"This Institution is an equal opportunity provider."

REGULAR LUNCH & SELECT TIER MEALS = \$2.55 BIG CAT MEALS = \$3.40 Milk: \$.50

Free & Reduced status qualifies for Regular, Select Tier & Big Cat Meals.

Applications MUST be resubmitted each year and can be obtained at each school or online at www.isd194.org
(select Lunch - Select Payment Information)

This menu may contain one or more of the following ingredients: milk, eggs, peanuts, soybeans, tree nuts, and wheat.

* Denotes foods containing Pork ~ Denotes foods containing Peanuts
Additional nutritional information can be obtained at www.isd194.k12.mn.us (click on lunch)