

February-17

Sumter School District Middle Lunch Menu

<p>Monday</p> <p>1% White Milk and Assorted Flavored Non Fat & Skim Milk Served daily at Breakfast and Lunch Breakfast and Lunch is free for all students</p> <p>Students wishing to get a second meal will have to pay the ala carte price of \$2.25 for breakfast and \$3.75 for lunch.</p> <p>Adult Breakfast -\$2.25 Adult Lunch- \$3.75</p> <p>Reminder - Menu Subject to Change Due to Food Availability</p>	<p>Tuesday</p>	<p>Wednesday</p>	<p>Thursday</p>	<p>Friday</p>
		<p>1</p> <p>Chicken Alfredo Garlic Toast or BBQ Chicken Flatbread Steamed Broccoli or Cucumber and Cherry Tomatoes w/ Dipping Sauce Fresh Orange Wedges or Blue Razz 100% Juice</p> <p>Fresh Pick: Chef Salad w/ Ham Cheez-It Crackers</p>	<p>2</p> <p>Baked Chicken Seasoned Yellow Rice or Turkey and Cheese on WW Bun Pinto Beans or Wango Manqo V-Juice Fresh Apple Wedges or Chilled Peaches</p> <p>Fresh Pick: Chef Salad w/ Ham Cheez-It Crackers</p>	<p>3</p> <p>Pepperoni Pizza or Hot Ham and Cheese Sandwich Steamed Corn or Baby Carrots w/ Dipping Sauce Strawberry Fruit Cup or Ridgefield Frozen Fruit Cup</p> <p>Fresh Pick: Crispy Chicken Salad Cheez-It Crackers</p>
<p>6</p> <p>Hamburger on WW Bun or Turkey and Cheese on WW Bun Baked Beans Crinkle Cut Fries Chilled Pineapple Tidbits or 100% Fruit Punch Juice</p> <p>Fresh Pick: Grilled Chicken Salad Cheez-It Crackers</p>	<p>7</p> <p>Spaghetti w/ Meat Sauce WW Breadstick or Chicken Filet on WW Bun Green Beans or Sliced Carrots Strawberry Fruited Gelatin w/ Topping or Sliced Pears</p> <p>Fresh Pick: Southwest Salad</p>	<p>8</p> <p>Nachos or Chicken Fajita Wrap Steamed Corn Romaine Lettuce/ Diced Tomato Fresh Orange Wedges or Chilled Applesauce</p> <p>Fresh Pick: Chef Salad w/ Ham Cheez-It Crackers</p>	<p>9</p> <p>Barbecue Chicken or Baked Ham Macaroni and Cheese Green Peas or Cherry Star V-Juice Strawberry Fruit Cup or Sliced Peaches</p> <p>Fresh Pick: Chef Salad w/ Turkey Cheez-It Crackers</p>	<p>10</p> <p>Pepperoni Slice Club Sandwich on WW Bun Steamed Broccoli or Romaine Lettuce/ Spinach/ Tomato Ridgefield Frozen Fruit Cup or Blue Raspberry Applesauce</p> <p>Fresh Pick: Crispy Chicken Salad Cheez-It Crackers</p>
<p>13</p> <p>Grilled Cheese Sandwich or Ham and Cheese on WW Bun Vegetable Soup Tossed Salad w/ Dressing Sliced Pears or 100% Fruit Punch Juice</p> <p>Fresh Pick: Grilled Chicken Salad Cheez-It Crackers</p>	<p>14</p> <p>Barbecue Pork Steamed Rice WW Breadstick or Turkey and Cheese on WW Bun Steamed Broccoli or Fresh Celery Sticks w/ Dip Pineapple Tidbits or Cinnamon Apples</p> <p>Fresh Pick: Southwest Salad</p>	<p>15</p> <p>Nachos or Chicken Fajita Wrap Steamed Corn Romaine Lettuce/ Diced Tomato Fresh Orange Wedges or Blue Razz 100% Juice</p> <p>Fresh Pick: Chef Salad w/ Ham Cheez-It Crackers</p>	<p>16</p> <p>Baked Turkey w/ Gravy Steamed Rice or Chicken Filet on WW Bun Collards or Sweet Potatoes Fresh Apple or Chilled Peaches</p> <p>Fresh Pick: Chef Salad w/ Ham Cheez-It Crackers</p>	<p>17</p> <p>Pepperoni Slice or Toasted Ham and Turkey Sub Green Beans Romaine Lettuce/ Spinach/ Tomato Ridgefield Frozen Fruit Cup or Fruit Cocktail</p> <p>Fresh Pick: Crispy Chicken Salad Cheez-It Crackers</p>
<p>20</p> <p>Turkey Hotdog w/ Chili or Grilled Chicken on WW Bun Baked Beans</p> <p>Romaine Lettuce/Tomato/ Pickle Mandarin Oranges or 100% Fruit Punch Juice</p> <p>Fresh Pick: Chef Salad w/ Ham Cheez-Its</p>	<p>21</p> <p>Shepherd's Pie Cornbread or Turkey and Cheese on WW Bun</p> <p>Steamed Cabbage or Sliced Carrots Strawberry Fruited Gelatin or w/ Topping or Pineapple Tidbits</p> <p>Fresh Pick: Southwest Salad</p>	<p>22</p> <p>Mini Cheese Ravioli or Baked Potato w/ Diced Ham and Cheese Twisted Top Breadstick or Steamed Broccoli or Tossed Salad w/ Dressing Fresh Apple Wedges or Chilled Peaches</p> <p>Fresh Pick: Grilled Chicken Salad Cheez-It Crackers</p>	<p>23</p> <p>Chicken Tetrizzini or Deli Sandwich on WW Bun Green Beans or</p> <p>Vegetable Normandy Chilled Pears or 100% Grape Juice Schoolmade Cinnamon Roll</p> <p>Fresh Pick: Chef Salad w/ Turkey Cheez-It Crackers</p>	<p>24</p> <p>Pepperoni Slice or Beef Taco Steamed Corn</p> <p>Romaine Lettuce/ Diced Tomato Orange-Pineapple/Cherry Swirl Frozen Fruit Cup or Fruit Cocktail</p> <p>Fresh Pick: Crispy Chicken Salad Cheez-It Crackers</p>
<p>27</p> <p>WG Corndog or Turkey and Cheese on WW Bun Baked Beans Oven Potatoes Sliced Pears or 100% Fruit Punch Juice</p> <p>Fresh Pick: Chef Salad w/ Ham Cheez-Its</p>	<p>28</p> <p>Rotini Bake Garlic Texas Toast or Ham and Cheese on WW Bun Vegetable Medley or Cucumber Coins and Cherry Tomatoes w/ Dip Fruit Cocktail or Mandarin Oranges</p> <p>Fresh Pick: Southwest Salad</p>			

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