

September-16

Sumter School District Middle Lunch Menu


Monday

Tuesday

Wednesday

Thursday

Friday

<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>1 Chicken Tenders w/ Waffles or Yogurt Cold Plate Potato Rounds Fresh Baby Carrots Strawberry Fruit Cup or 100% Orange Juice</p> <p>Fresh Pick: Chef Salad w/ Ham</p>	<p>2 Pepperoni Pizza or Chicken Salad w/ Croissant Romaine Lettuce/ Spinach/ Sliced Tomato Seasoned Corn Fresh Grape Cup or Ridgefield Frozen Fruit Cup or 100% Fruit Punch Juice</p> <p>Fresh Pick: Chef Salad w/ Turkey</p>
<p>5 Chicken Nuggets w/ BBQ Sauce Seasoned Brown Rice or Ham and Turkey Club Sandwich Sliced Carrots or Romaine Lettuce/ Tomato/ Pickle Mandarin Oranges or Chilled Applesauce or 100% Fruit Punch Juice</p> <p>Fresh Pick: Chef Salad w/ Ham</p>	<p>6 Shepherd's Pie Cornbread or Chicken Filet on WW Bun Vegetable Medley or Steamed Cabbage Strawberry Fruited Gelatin w/ Topping or 100% Apple Juice</p> <p>Fresh Pick: Southwest Salad</p>	<p>7 Beef Taco or Chicken Fajita Wrap or Taco/ Fajita Toppings Steamed Corn Fresh Apple or Blushing Pears or 100% Grape Juice</p> <p>Fresh Pick: Chef Salad w/ Ham</p>	<p>8 Oven Roasted Chicken Seasoned Yellow Rice or Grilled Ham and Cheese Sandwich Steamed Broccoli or Pinto Beans Banana or 100% Apple Juice</p> <p>Fresh Pick: Chef Salad w/ Turkey</p>	<p>9 Pepperoni Pizza Slice or Toasted Turkey and Cheese Sub Fresh Baby Carrots w/ FF Ranch or Green Beans Chilled Pineapple or Fresh Grapes or 100% Fruit Punch Juice</p> <p>Fresh Pick: Crispy Chicken Salad</p>
<p>12 Hotdog or Grilled Chicken on Bun Crinkle Cut Fries Romaine Lettuce/Tomato/ Pickle Blue Raspberry Applesauce or Mandarin Oranges or 100% Fruit Punch Juice</p> <p>Fresh Pick: Chef Salad w/ Ham</p>	<p>13 Beefaroni Texas Toast or Baked Fish on Bun Sliced Carrots or Garden Salad w/ Dressing Fruit Cocktail or 100% Apple Juice</p> <p>Fresh Pick: Southwest Salad</p>	<p>14 Chicken Filet on Bun or Barbecue Pork on Bun Romaine Lettuce/ Tomato/ Pickle Baked Beans Cinnamon Apples or Fresh Melon Cubes or 100% Grape Juice</p> <p>Chef Salad w/ Turkey</p>	<p>15 Country Style Steak w/ Gravy Steamed Rice Cornbread or Turkey and Cheese on WW Bun Lima Beans or Romaine Lettuce/ Tomato/ Pickle Ridgefield Frozen Fruit Cup or 100% Apple Juice</p> <p>Fresh Pick: Chef Salad w/ Turkey</p>	<p>16 Pepperoni Pizza or Chicken Fajita Wrap or Steamed Corn Romaine Lettuce/ Diced Tomato Orange Wedges or Strawberry Fruit Cup or 100% Fruit Punch Juice</p> <p>Fresh Pick: Crispy Chicken Salad</p>
<p>19 Chicken Tenders w/ BBQ Sauce WW Breadstick or CornDog Sweet Potato Waffle Fries Baked Beans Blushing Pears or Pineapple Tidbits or 100% Fruit Punch Juice</p> <p>Fresh Pick: Chef Salad w/ Ham</p>	<p>20 Nachos or Chicken Fajita Wrap Steamed Corn Romaine Lettuce/ Diced Tomato Strawberry Fruit Cup or 100% Apple Juice</p> <p>Chef Salad w/ Turkey</p>	<p>21 Chicken Vegetable Lo Mein or Ham and Turkey Club Sandwich Glazed Carrots or Romaine Lettuce/ Tomato/ Pickle Fresh Apple or Mandarin Oranges or 100% Grape Juice</p> <p>Fresh Pick: Southwest Salad</p>	<p>22 Chicken Tetrazinni or Deli Sandwich Green Beans or Romaine Lettuce/ Tomato/ Pickle Ridgefield Frozen Fruit Cup or 100% Apple Juice Schoolmade Cinnamon Roll</p> <p>Fresh Pick: Chef Salad w/ Turkey</p>	<p>23 Pepperoni Pizza or Hamburger on Bun Seasoned Green Beans or Romaine Lettuce/ Spinach / Tomato Chilled Applesauce or Fresh Grapes or 100% Fruit Punch Juice</p> <p>Fresh Pick: Crispy Chicken Salad</p>
<p>26 Fish Nuggets w/ Tartar Sauce Steamed Rice Cornbread or Ham and Cheese on Bun Stewed Tomatoes or Romaine Lettuce/ Tomato/ Pickle Mandarin Oranges or Fresh Apple or 100% Fruit Punch Juice</p> <p>Fresh Pick: Grilled Chicken Salad</p>	<p>27 Barbecue Pork w/ Steamed Rice Breadstick or Grilled Chicken on Bun Collards or Sweet Potatoes Pineapple Tidbits w/ Cherries or 100% Apple Juice</p> <p>Fresh Pick: Southwest Salad</p>	<p>28 Mozzarella Cheese Sticks w/ Marinara Sauce or BBQ Chicken Flatbread Sandwich Crinkle Cut Fries Romaine Lettuce/ Spinach/ Onion Strawberry Fruited Gelatin w/ Topping or Sliced Peaches or 100% Grape Juice</p> <p>Fresh Pick: Chef Salad w/ Ham</p>	<p>29 Spaghetti w/ Meat Sauce Cinnamon Puff or Chicken Filet on WW Bun Steamed Broccoli or V- Juice Banana or Ridgefield Frozen Fruit Cup</p> <p>Fresh Pick: Chef Salad w/ Ham</p>	<p>30 Pepperoni Pizza or Ravioli w/ Breadstick Garden Salad w/ Dressing or Seasoned Corn Fresh Apple or Fruit Cocktail or 100% Fruit Punch Juice</p> <p>Fresh Pick: Crispy Chicken Salad</p>

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