



# St. Michael's Middle School June 2018



Week 1	4	5	6	7	8	1
						Chicken Alfredo w/ Pasta and Fresh Baked <b>WG Breadstick</b> Steamed Broccoli Mandarin Oranges
Week 2	11	12	13	14	15	
	French Toast Sticks w/wo Eggs Tater Tots Strawberry Cups	Chicken Burrito Bar Spanish Black Beans Diced Pears	Chicken w/wo Fresh Baked <b>WG Biscuit</b> Steamed Carrots Pineapple Tidbits	Homemade Baked Zitit w/wo Fresh Baked <b>Breadstick</b> Steamed Broccoli Mixed Fruit	Chicken & Waffles French Fries Applesauce	
Week 3	18	19	20	21	22	
	Macaroni & Cheese Bar Baked Beans Diced Peaches	Spaghetti & Meatballs w/wo Fresh Baked Garlic <b>Breadstick</b> Green Beans Applesauce	Homemade Chicken Enchiladas Steamed Broccoli Mixed Fruit	Chicken Tenders w/wo Fresh Baked <b>WG Roll</b> French Fries Diced Pears		
Week 4	25	26	27	28	29	
Week 5						



**Fast Takes Salad Choices:**

- Week 1: Crispy Chicken Salad
- Week 2: Chef Salad
- Week 3: Turkey Cobb Salad
- Week 4: Chicken Caesar Salad
- Week 5: Buffalo Chicken Salad

*Garden Salad w/Cheese available daily. All Salads are served with a fresh baked WG Roll*



A variety of fresh, whole, **raw fruits & veggies** are available every day they may include Apples, Oranges, Bananas, Carrots, Celery, Broccoli & Cucumbers (as in season).



**Upper Crust Choices:**

- Monday: Meat Lovers
  - Tuesday: Calzones
  - Wednesday: Meat Lovers
  - Thursday: Calzones
  - Friday: Meat Lovers
- Cheese & Pepperoni Daily*

**SP** All pizzas feature whole grain crusts



**Daily Grill Choices:**

- Monday: Buffalo Chicken Sandwich
- Tuesday: Bacon Cheeseburger
- Wednesday: Hot Dog on a Bun
- Thursday: Buffalo Chicken Sandwich
- Friday: Fish Sandwich

*Cheeseburger & Chicken Patty Daily*



**Deli Sandwich Choices:**

- Week 1: Chicken Caesar Wrap
  - Week 2: Chicken Salad Sub
  - Week 3: Chicken Ranch Wrap
  - Week 4: Ham, Turkey & Cheese Sub
  - Week 5: Italian Sub
- Turkey and Cheese Sub available everyday*

**Meal Definition:** 1 meat/meat alternative, 1 bread/grain, 1 servings of fruit, 2 servings of vegetables & 1 low fat or fat free milk. Meals must include at least 3 components and 1 must be a fruit or vegetable.

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