








MIDDLE SCHOOL CYCLE LUNCH MENU 2018/2019

Porterville Unified School District - Student Nutrition Services



WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>Lunch</p> <p>Chicken Drumstick w/Roll Ham & Cheese Sub Sandwich w/Mayo Corn dog w/Catsup & Mustard Tater Barrels (1/2c) w/Catsup Baby Carrots (1/2c)w/Ranch Packet Apple Slices (1/2c)</p>	<p>Lunch</p> <p>Orange Chicken Rice Bowl w/Sriracha Pkt. Pizza Pocket /Marinara Sauce (1/2c) Turkey & Cheese Sandwich w/Mayo & Mustard Veggie Boat #2(1/2c) Ranch Packets (2) Orange (1/2c)</p> 	<p>Lunch</p> <p>Cheeseburger w/Mayo & Ketchup Four Meat Pizza Bologna & Cheese Sandwich w/Mayo Side Salad (1/2c) Dressing Packet Raisels (1/2c)</p>	<p>Lunch</p> <p>Spicy Chicken Tenders w/Roll Green Chili Chicken Tamale w/Tapatio Ham & Cheese Sub w/Mayo Veggie Boat #3(3/4c)w/Ranch Packet (2) Fruit Cup (1/2c) Spicy Oven Fries (1/2c)</p> 	<p>Lunch</p> <p>Pepperoni Pizza*# Rib-B-Q Sandwich Peanut Butter & Jelly Sandwich w/Cheese Stick Chickpeas (1/2c) Veggie Boat #2(1/2c) w/Ranch Sorbet Fruit Cup (1/2c) Chocolate Graham</p> 

FOR LUNCH, CHOICE OF: SPICY CHICKEN SANDWICH OFFERED EVERY DAY
CHOICE OF 1% UNFLAVORED OR NON FAT FLAVORED MILK SERVED DAILY

Week 1 will be served the weeks of: 8/09, 08/20, 9/03, 9/17, 10/01, 10/15, 10/29, 11/12, 11/26, 12/10, 1/14/19, 1/28, 2/11, 2/25, 3/11, 4/01, 4/15, 4/29, 5/13, 5/27

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>Lunch</p> <p>Stuffed Pizza Pocket Cheese Enchilada w/Hot Sauce Ham & Cheese Sub Sandwich Mayo & Mustard Side Salad (1/2c) w/Cherry Tomatoes(1/2c) Ranch Packets (2) Apple (1/2c)</p> 	<p>Lunch</p> <p>Cheeseburger* w/Catsup Mustard & Mayo TSO Chicken Rice Bowl Turkey & Cheese Sub w/Mayo Veggie Boat #3(1/2c) w/Tajin Spicy Oven Fries(1/2c) Fruit Cup (1/2c)</p>	<p>Lunch</p> <p>Cheese & Green Chile Tamale w/Chickpeas & Hot Sauce Spaghetti w/Meat Sauce /Dinner Roll Bologna & Cheese Sandwich w/Mayo Side Salad (1/2c)w/ Ranch Packet Banana (1/2c)</p>	<p>Lunch</p> <p>Turkey & Gravy w/Mashed Potatoes w/Hot Roll Ham & Cheese Sub w/Mayo & Mustard Bosco Sticks w/Marinara (1/2c) Cucumber Coins (1/2c) Corn (1/2c) Apple Slices (1/2c)</p> 	<p>Lunch</p> <p>Pepperoni Pizza Rib-B-Q Sandwich* Peanut Butter & Jelly Sandwich w/Cheese Stick Chickpeas (1/2c) Veggie Boat(1/2c) #2 w/Ranch Strawberry Fruit Cup (1/2c)</p>

Week 2 will be served the weeks of: 8/13, 8/27, 9/10, 9/24, 10/08, 10/22, 11/05, 11/19, 12/03, 1/8/19, 1/21, 2/04, 2/18, 3/04, 3/25, 4/08, 4/22, 5/06, 5/20

Starchy
Red/Orange
Dark Green
Legumes/Beans
Other

Daily Choice of milk --
1% White OR
Non-Fat Chocolate 

LUNCH: Spicy Chicken available M-F

USDA REQUIRES STUDENTS TO TAKE 3 OUT OF 5 COMPONENTS TO COUNT AS A COMPLETE MEAL. ONE OF THE COMPONENTS MUST BE 1/2 CUP OF FRUIT OR VEGETABLE

