

HOWARDS GROVE LUNCH MENU January MIDDLE SCHOOL



| Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Choices Garden Bar Pizza sandwich |
|--|---|---|---|---|---|
| | | 1 | 2 Whole Grain Breaded Chicken patty on Wheat bun Blueberry muffin, raspberry yogurt, whole grain cheese-its Garden Bar-Choice of Fruit | 3 Spicy Chicken Sandwich with chips Mixed Veggies Blueberry muffin, raspberry yogurt, whole grain cheese-its Garden Bar-Choice of Fruit | Salad Blend Baby Carrots Celery sticks Applesauce Sliced Peaches Fresh Naval Orange Wedges Cheese Pizza Turkey and cheese on Wheat |
| 6 Grilled Cheese Sandwich on wheat bread *Tomato Soup PBJ Uncrustable, String cheese, goldfish crackers Garden Bar-Choice of Fruit | 7 Alfredo lasagna roll ups with garlic toast Steamed Broccoli PBJ Uncrustable, String cheese, goldfish crackers Garden Bar-Choice of Fruit | 8 Ham egg and cheese breakfast sandwich with hashbrown PBJ Uncrustable, String cheese, goldfish crackers Garden Bar-Choice of Fruit | 9 BBQ rib sandwich on mini hoagie served with chips Lean Mean Green Beans PBJ Uncrustable, String cheese, goldfish crackers Garden Bar-Choice of Fruit | 10 American hamburger Mac n Cheese served with Maple baked Beans & Cornbread PBJ Uncrustable, String cheese, goldfish crackers Garden Bar-Choice of Fruit | Salad Blend Broccoli Florets Cherry Tomatoes Mixed Fruit Fresh Apple slices Easy Peeling Cuties Pepperoni Pizza American Sub on hoagie |
| 13 Buffalo Chicken Wings with veggies and blue cheese Seasoned peas Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg Garden Bar-Choice of Fruit | 14 Hot dog on a bun with sidewinder potatoes Seasoned corn Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg Garden Bar-Choice of Fruit | 15 BBQ Chicken Drumsticks w/ Brown Rice pilaf Steamed Broccoli Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg Garden Bar-Choice of Fruit | 16 Classic Cheeseburger with smile fries BBQ baked beans Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg Garden Bar-Choice of Fruit | 17 Mozzarella stuffed breadsticks with chunky marinara Crinkle cut carrots Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg Garden Bar-Choice of Fruit | Salad Blend Bell Pepper Slices Pea Pods Sliced Pears Fresh Grapes Strawberry Applesauce Sausage Pizza Ham and Cheese on Rye |
| 20 Whole Grain Chicken Nuggets, dinner roll and sweet potato fries Lean Mean Green Beans American Sub Sandwich, string cheese, pretzels Garden Bar-Choice of Fruit | 21 Honey Corn dog nuggets with baked potato wedges Steamed Broccoli American Sub Sandwich, string cheese, pretzels Garden Bar-Choice of Fruit | 22 Chicken and Cheese Quesadilla served with seasoned refried beans Crinkle Cut Carrots American Sub Sandwich, string cheese, pretzels Garden Bar-Choice of Fruit | 23 Ham and Cheese Melt slider sandwiches *chicken noodle soup Bashful Baked Beans American Sub Sandwich, string cheese, pretzels Garden Bar-Choice of Fruit | 24 Meatballs in Marianara with Penne pasta Whole Grain Breadstick American Sub Sandwich, string cheese, pretzels Garden Bar-Choice of Fruit | Salad Blend Cauliflower Cucumbers Red Delicious Apples Pineapple Chunks Bananas Garlic French Bread Pizza Turkey-Cheddar on hard roll |

**All 4 entrée options include our prepared veggie, Garden Bar and fruit– a varied selection of cut veggies, salad blend, whole and cupped fruit to round out your child’s meal selections

**All meals include 1 cup choice of chocolate skim milk or unflavored 1% milk

HOWARDS GROVE LUNCH MENU February MIDDLE SCHOOL



| Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Choices Garden Bar Pizza Sandwich |
|--|---|--|--|--|---|
| <p>27 Garlic French Bread Cheese Pizza with marinara dip Seasoned corn</p> <p>Turkey and Cheese sandwich, goldfish and string cheese Garden Bar-Choice of Fruit</p> | <p>28 Popcorn Chicken Bowl <i>*mashed potato, stuffing, gravy mixed veggies</i></p> <p>Turkey and Cheese sandwich, goldfish and string cheese Garden Bar-Choice of Fruit</p> | <p>29 Classic American Hamburger with sweet potato wedges</p> <p>Turkey and Cheese sandwich, goldfish and string cheese Garden Bar-Choice of Fruit</p> | <p>30 "club sandwich" pinwheel wraps with tator tots</p> <p>Turkey and Cheese sandwich, goldfish and string cheese Garden Bar-Choice of Fruit</p> | <p>31 Bird Dog Sandwich and tri-tators <i>*crispy chicken tenders, cheddar cheese and bacon on a hoagie roll</i></p> <p>Turkey and Cheese sandwich, goldfish and string cheese Garden Bar-Choice of Fruit</p> | <p>Salad Blend radishes Cucumbers Whole Fresh Apples Mandarin Oranges Kiwi strawberry slushie</p> <p>Meat Lovers Pizza Grilled chicken wrap</p> |
| <p>3 February Doritos Chicken Walking Tacos with sour cream and salsa Mexicali corn</p> <p>"Breakfast fun lunch"- fruit and yogurt parfait, granola bar, cheese its Garden Bar-Choice of Fruit</p> | <p>4 Cheese egg bites, hashbrown and waffle</p> <p>"Breakfast fun lunch"- fruit and yogurt parfait, granola bar, cheese its Garden Bar-Choice of Fruit</p> | <p>5 Turkey and Cheese Croissant Sandwich with smile fries</p> <p>"Breakfast fun lunch"- fruit and yogurt parfait, granola bar, cheese its Garden Bar-Choice of Fruit</p> | <p>6 Chicken Fries and sweet potato straws BBQ baked beans</p> <p>"Breakfast fun lunch"- fruit and yogurt parfait, granola bar, cheese its Garden Bar-Choice of Fruit</p> | <p>7 Parmesan Chicken Sandwich sweet potato tots Seasoned Peas</p> <p>"Breakfast fun lunch"- fruit and yogurt parfait, granola bar, cheese its Garden Bar-Choice of Fruit</p> | <p>Salad Blend Baby Carrots Celery sticks Applesauce Sliced Peaches Fresh Naval Orange Wedges</p> <p>BBQ Chicken Pizza Ham and cheese sliders</p> |
| <p>10 Whole grain chicken tenders and tator tots Seasoned peas/carrots</p> <p>Blueberry muffin, raspberry yogurt, whole grain cheese-its Garden Bar-Choice of Fruit</p> | <p>11 Beef Nachos- served with sour cream and salsa-seasoned black beans</p> <p>Blueberry muffin, raspberry yogurt, whole grain cheese-its Garden Bar-Choice of Fruit</p> | <p>12 Cinnamon French toast sticks, hashbrown and Sausage</p> <p>Blueberry muffin, raspberry yogurt, whole grain cheese-its Garden Bar-Choice of Fruit</p> | <p>13 Whole Grain Breaded Chicken patty on Wheat bun</p> <p>Blueberry muffin, raspberry yogurt, whole grain cheese-its Garden Bar-Choice of Fruit</p> | <p>14 Grilled Italian Sandwich chips Mixed Veggies</p> <p>Blueberry muffin, raspberry yogurt, whole grain cheese-its Garden Bar-Choice of Fruit</p> | <p>Salad Blend Broccoli Florets Cherry Tomatoes Mixed Fruit Fresh Apple slices Easy Peeling Cuties</p> <p>Cheeseburger Pizza Ham, turkey, cheese on pretzel roll</p> |
| <p>17 Grilled Cheese Sandwich on wheat bread *Tomato Soup</p> <p>PBJ Uncrustable, String cheese, goldfish crackers Garden Bar-Choice of Fruit</p> | <p>18 Alfredo lasagna roll ups with garlic toast Steamed Broccoli</p> <p>PBJ Uncrustable, String cheese, goldfish crackers Garden Bar-Choice of Fruit</p> | <p>19 Ham egg and cheese breakfast sandwich with hashbrown</p> <p>PBJ Uncrustable, String cheese, goldfish crackers Garden Bar-Choice of Fruit</p> | <p>20 BBQ rib sandwich on mini hoagie served with chips Lean Mean Green Beans</p> <p>PBJ Uncrustable, String cheese, goldfish crackers Garden Bar-Choice of Fruit</p> | <p>21 American hamburger Mac n Cheese served with Maple baked Beans & Cornbread</p> <p>PBJ Uncrustable, String cheese, goldfish crackers Garden Bar-Choice of Fruit</p> | <p>Salad Blend Bell Pepper Slices Pea Pods Sliced Pears Fresh Grapes Strawberry Applesauce</p> <p>Cheese Pizza Chicken caesar wrap</p> |

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