



September 2024

MIDDLE SCHOOL LUNCH MENU

MON	TUES	WED	THURS	FRI
2	3	4	5	6
School Closed	WG Chicken Corn Dog, Vegetables, Fruit	(2) Chicken Tender Snack WG Wrap, Lettuce, Tomato, Vegetables, Fruit	Wg Pasta Chicken Meatballs, sauce, Texas Toast, Vegetables, Fruit	WG Breaded Fish Filet with Cheese over Waffle Fries Week 2
9	10	11	12	13
Chicken Buffalo WG Mac & Cheese Vegetables, Fruit	Tater Tot WG Nachos, Vegetable, Fruit	Turkey WG Reuben Melt Vegetables, Fruit	WG Pasta Meat Sauce, Texas Toast, Vegetables, Fruit	WG French Toast sticks/Chicken sausage, Vegetables, Fruit Week 3
16	17	18	19	20
LTO Chicken Katsu Bowl, Vegetables, Fruit	LTO Chicken Katsu Bowl, Vegetables, Fruit	LTO Chicken Katsu Bowl, Vegetables, Fruit	LTO Chicken Katsu Bowl, Vegetables, Fruit	LTO Chicken Katsu Bowl, Vegetables, Fruit Week 4
23	24	25	26	27
Wg Popcorn Chicken tater tot Bowl Vegetables, Fruit	Cheesesteak WG Sub Vegetables, Fruit	Walking Tacos Vegetables, Fruit	WG Chicken Patty Parmesan Melt, Vegetables, Fruit	Diced Buffalo Chicken WG Calzone Vegetables, Fruit Week 5
30				
Chicken Cheesesteak, peppers & onions Vegetables, Fruit	<i>Please advise your school nurse of any or potential Food allergies.</i> <i>Please reach out to Aramark food service at 856-424-2316 with any questions regarding menu item ingredients or nutritional information</i>	<i>All USDA compliant Lunch Meals <u>Must select a minimum of 3 meal components at least one of which must be a</u> Choice of ½ cup of Fresh Fruit, 100% Juice, or ½ cup of Vegetable, and 2 full servings of any of these components, * 8 oz 1% Low-Fat or Skim Chocolate Milk</i>	<ul style="list-style-type: none"> • Vegetables, • Fruits, • Breads/ grain • Meat/ meat alternative <p>WG= Whole Grain</p>	Meal Applications can be filled out anytime during the school year visit www.chclc.org Full Price Breakfast \$2.00 and Full Price Lunch \$3.25 Week 1

Powering potential.™

Weekly Salad Special:
Week 1: Chicken Caesar
Week 2: Chicken Nacho
Week 3: Turkey Cheese
Week 4: Ham Cheese
Week 5: Italian
*All Salads served with WG Dinner Roll or WG Pretzel Rod

Limited Time Offer
Sept 16-20
Chicken Katsu Bowl
Daily
Uncrustable PBJ,
Yogurt Meal Box

- MTO Deli Station
- Pizza Station
- Hamburgers, cheeseburger, Veggie Burger, Hot Dogs, Breaded Chicken Sandwich, Breaded Spicy Chicken Sandwich
- Build your own Fixin's and Condiment

This menu ensures students receive a balanced meal from all the major food groups. It offers a variety of high-quality ingredients and flavors, eliminates added trans fat, and limits sodium. It also features brand Names of foods that are specifically formulated for k-12 student nutrition, including whole grain-rich bread and grain products for fiber and other essential nutrients.

This institution is an equal opportunity providers

Menus are subject to change.

