








Middletown High School Menu Week of December 17th through December 21st

A full student lunch includes a choice of entrée supplying protein and grain, 2 vegetable side dishes, 2 fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.

Station	Monday	Tuesday	Wednesday	Thursday	Friday
	Whole Grain Breaded Chicken Parmesan Whole Grain Spaghetti Seasoned Green Beans Steamed Broccoli Chilled Fruit Fresh Whole Fruit	Egg Patty French Toast Sticks Fruit Crisp Sweet Potato Puffs Mixed Vegetables Fruit Juice Fresh Whole Fruit	MASHED POTATO BOWL Popcorn Chicken Whole Wheat Dinner Roll Mashed Potatoes Glazed Carrots Chilled Fruit Fresh Whole Fruit	Taco Meat Whole Grain Tortilla Chips Fiesta Rice Black Beans Seasoned Corn Chilled Applesauce Fresh Whole Fruit	1/2 Day No Lunch
	Meatball Parm On Whole Wgeat Roll Breaded BBQ Chicken Cheddar on Whole Grain Bun Hot Ham & Cheese on a Bagel Seasoned Green Beans Steamed Broccoli Chilled Fruit Fresh Whole Fruit	Hamburger on a Whole Grain Bun Black Bean Burger on a Whole Grain Bun Meatball Sub on a Whole Grain Roll Sweet Potato Puffs Mixed Vegetables Fruit Juice Fresh Whole Fruit	BBQ Beef & Cheddar on Whole Wheat Roll Pizza Burger on a Whole Grain Bun Toasted Turkey & Swiss on Whole Wheat Mashed Potatoes Barbecued Beans Chilled Pears Fresh Whole Fruit	BBQ Grilled Chicken on a Whole Grain Bun Buffalo Chicken Wrap Toasted Cheese on a Bagel Sweet Potato Puffs Mixed Vegetables Fruit Juice Fresh Whole Fruit	1/2 Day No Lunch
	Available Daily: Cheese Pizza on Chartwells Super Whole Wheat Crust w/ Olive Oil & Flax				
	Pepperoni Pizza Broccoli Pizza Seasoned Green Beans Steamed Broccoli Chilled Fruit Fresh Whole Fruit	Roasted Vegetable Pizza Cheese Flatbread Sweet Potato Puffs Mixed Vegetables Fruit Juice Fresh Whole Fruit	Pepperoni Pizza Sicilian Stromboli Mashed Potatoes Barbecued Beans Chilled Pears Fresh Whole Fruit	Buffalo Chicken Pizza Chicken Florentine Flatbread Sweet Potato Puffs Mixed Vegetables Fruit Juice Fresh Whole Fruit	
	Available Daily: Assorted premade Boar's Head Premium Deli Sandwiches on assorted Whole Grain Breads. Boar's Head Meats include Ham, Turkey, Buffalo Chicken, Salami and Bologna				
	Diced Buffalo Chicken Salad with Croutons & Crackers Garden Salad with Egg, Croutons & Crackers	Grilled Chicken Caesar Salad with Croutons & Crackers Garden Salad with Egg, Croutons & Crackers	Italian Bruschetta Salad with Croutons & Crackers Garden Salad with Egg, Croutons & Crackers	Grilled Chicken Caesar Salad with Croutons & Crackers Garden Salad with Egg, Croutons & Crackers	
	Available Daily to Add-On to ANY Meal: Baby Carrots, Celery Sticks, Three Bean Salad, Potato Salad, Caesar Salsd				