

MIDDLE SCHOOL



LAMESA • Middle School • March 18 – May 23

Menu is subject to change without notice and is based on availability and seasonality of food items.

Breakfast items are listed in orange italics. Lunch entrée choices are listed below in bold type. Sides are listed in italics below the calendar.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Honey Nut Cheerios</i> Fish Melt Sandwich BBQ Riblet Sandwich Ham & Mozzarella Salad w/Roll	<i>Cheesy Scrambled Eggs & Sausage</i> Doritos NachoChee Walkin' Taco Turkey & Cheese Sub Meatball & Mozza Sandwich <i>Spicy Chicken Mole Tacos</i>	<i>Sausage Biscuit</i> Chicken Alfredo Penne Pasta Bake & Garlic Toast Grilled Cheese Chicken Nacho Salad & Roll	<i>Chocolate Crescent</i> Thai Chicken & Rice Bowl Meatball & Parmesean Melt Sub Turkey & Cheese Sub	<i>Mini CinnaCrunch Bagel</i> BuffChicken Mac & Cheese w/Parm&BlkPepper Flatbread Chicken Tenders & Roll Popcorn Chicken & Cheese Salad w/Roll
<i>Lucky Charms Cereal</i> Popcorn Chicken & Roll Ham & Cheese Sub Ham Chef Salad w/Roll	<i>Banana Muffin</i> Buffalo Chicken & Fries Bowl w/Roll Chicken Nuggets & Roll Grilled Cheese	<i>Powdered Sugar Donut</i> Chili & Cheese Baked Potato & Roll Turkey & Provolone Wrap Chicken Nacho Salad w/Roll	<i>Breakfast Sausage Pizza</i> Waffle & Syrup w/Sausage Links Mini Corn Dogs Ham, Turkey & Swiss Cheese Sub	
Breakfast & Lunch ALL STUDENTS pick-up 10A-12NOON at either Middle or High School <small>REMOTE CONTACT DAY</small>	<i>Mini Cinnamon Rolls</i> Cheese Enchilada & Spanish Rice Pizza Maxx Sticks & Marinara Philly Cheesesteak Sub Melt PB&J Sandwich	<i>Country Chicken Biscuit</i> Nacho Cheese Doritos Walkin' Taco Ham & Mozzarella Salad w/Roll	<i>Mini Blueberry Waffles</i> Country Popcorn Chicken & Mashed Potato Bowl w/Roll BBQ Pork Riblet Sandwich Bean & Cheese Burrito	<i>Blueberry Muffin</i> Buffalo Chicken Nuggets & Celery Sticks w/Roll Grilled Cheese PopChicken & Cheese Salad w/Roll
<i>Cheesy Scrambled Eggs w/Bacon & Toast</i> Chicken Fried Steak Chicken Tenders & Breadstick Chicken Nacho Salad & Roll	<i>ChocChip Choc Muffin</i> Chicken Alfredo Penne Pasta Bake Grilled Cheese Asian Chicken Wrap Ham & Cheese Sub	<i>Egg & Sausage Biscuit</i> Chicken Dumpling & Egg-Fried Rice Turkey & Cheese Sub Popcorn Chicken Salad & Roll	<i>Apple Frudel</i> French Toast Sticks w/Syrup & Sausage Chicken Nuggets & Roll Ham & Cheese Sandwich	<i>Cocoa Puffs Cereal</i>
<i>Cheesy Scrambled Eggs w/Bacon & Toast</i> Salisbury Steak & Gravy w/Roll Chili Dog Ham & Mozzarella Salad w/Roll	<i>Maple Madness Waffle</i> Cheese Enchilada & Spanish Rice Philly Cheesesteak Melt Turkey BaBoom Sub <i>Fiery Jalapeño Cheddar Burger</i>	<i>CinnaToast Crunch Cereal Bar</i> Country PopChicken & Mashed Potato Bowl w/Roll Chicken Tenders & Roll Turkey Chef Salad & Roll Ham & Cheese Sandwich	<i>Maple Sausage Pancake Wrap on a stick</i> BBQ Chicken Sandwich Corn Dog Ham, Turkey & Swiss Cheese Sub	<i>Pumpkin Spice Donut Holes</i> Cheesy Penne Pasta Grilled Cheese Popcorn Chicken & Cheese Salad w/Roll
<i>Honey Nut Cheerios</i> Fish Melt Sandwich BBQ Riblet Sandwich Ham & Mozzarella Salad w/Roll	<i>Cheesy Scrambled Eggs & Sausage</i> Doritos Nacho Cheese Walkin' Taco Turkey & Cheese Sub Meatball & Mozza Sandwich	<i>Sausage Biscuit</i> Chicken Alfredo Penne Pasta Bake & Garlic Toast Grilled Cheese Chicken Nacho Salad & Roll	<i>Chocolate Crescent</i> Thai Chicken & Rice Bowl Meatball & Parmesean Melt Sub Turkey & Cheese Sub	<i>Mini CinnaCrunch Bagel</i>
Breakfast & Lunch ALL STUDENTS pick-up 10A-12NOON at either Middle or High School <small>REMOTE CONTACT DAY</small>	<i>Banana Muffin</i> Buffalo Chicken & Fries Bowl w/Roll Chicken Nuggets & Roll Grilled Cheese	<i>Powdered Sugar Donut</i> Chili & Cheese Baked Potato & Roll Turkey & Provolone Wrap Chicken Nacho Salad w/Roll	<i>Breakfast Sausage Pizza</i> Waffle & Syrup w/Sausage Links Mini Corn Dogs Ham, Turkey & Swiss Cheese Sub	<i>Maple Sausage Pancake Wrap on a stick</i> Meatball Pizza Melt Sub PopChicken & Cheese Salad w/Roll
<i>Trix Cereal Bowl</i> Fish Melt Sandwich Chicken Nuggets & Roll Chicken Nacho Salad w/Roll	<i>Mini Cinnamon Rolls</i> Nacho Cheese Doritos Walkin' Taco Pizza Maxx Sticks & Marinara Philly Cheesesteak Sub Melt	<i>Country Chicken Biscuit</i> Cheese Enchilada & Spanish Rice Ham & Mozzarella Salad w/Roll	<i>Mini Blueberry Waffles</i> Country Popcorn Chicken & Mashed Potato Bowl w/Roll BBQ Pork Riblet Sandwich Ham & Cheese Sub	<i>Blueberry Muffin</i> Buffalo Chicken Nuggets & Celery Sticks w/Roll Grilled Cheese PopChicken & Cheese Salad w/Roll
<i>Cheesy Scrambled Eggs w/Bacon & Toast</i> Chicken Fried Steak Chicken Tenders & Breadstick Chicken Nacho Salad & Roll	<i>ChocChip Choc Muffin</i> Chicken Alfredo Penne Pasta Bake Grilled Cheese Asian Chicken Wrap Ham & Cheese Sub	<i>Egg & Sausage Biscuit</i> Chicken Dumpling & Egg-Fried Rice Turkey & Cheese Sub Popcorn Chicken Salad & Roll	<i>Apple Frudel</i> French Toast Sticks w/Syrup & Sausage Chicken Nuggets & Roll Ham & Cheese Sandwich	<i>Cocoa Puffs Cereal</i> Beef & Cheese Totchos w/Roll Ham & Turkey Chef Salad & Roll
<i>Cheesy Scrambled Eggs w/Bacon & Toast</i> Manager's Choice	<i>Maple Madness Waffle</i> Manager's Choice	<i>CinnaToast Crunch Cereal Bar</i> Manager's Choice 	<i>Maple Sausage Pancake Wrap on a stick</i> Manager's Choice 	SUMMER SCHOOL: May 29-June 24 Breakfast & Lunch for all students in school; available for all students/kids under the age of 18—more details in MAY.

MIDDLE SCHOOL • MORE CHOICES • MADE-TO-ORDER • EVERYDAY

GRILL	Breaded Chicken Sandwich Hamburger/Cheeseburger	Spicy Chicken Sandwich Hamburger/Cheeseburger	Breaded Chicken Sandwich Hamburger/Cheeseburger	Spicy Chicken Sandwich Hamburger/Cheeseburger	Breaded Chicken Sandwich Hamburger/Cheeseburger
SPECIALTY	Pizza: Cheese/Pepperoni	MEXICAN FOOD BAR <small>featured entrée rotates each week: quesadilla, tacos, burrito, taco-to-go</small>	Pizza: Cheese/Pepperoni	NACHO BAR	Pizza: Cheese/Specialty Slice

LAMESA ISD 2023/2024

BREAKFAST

Student *estudiantes*no charge

Faculty *facultad*\$3.25

LUNCH

Student *estudiantes*no charge

Faculty *facultad*\$5.00

Check out the Daily Special for the Faculty/Staff.

À la Carte item prices are posted at the schools.

This institution is an equal opportunity provider.

EVERYDAY SIDES

(available seasonally, items rotate each day) Apple • Applesauce • Baby Carrots • Banana • Broccoli fresh/steamed • Celery Sticks • Diced Peaches • Diced Pears • Emoji Potato Rounds • Golden Corn • Green Beans • Kickin' Pinto Beans • Mashed Potatoes • Mixed Fruit • Pear • Red Pepper Strips • Refried Beans • Romaine Side Salad • Sliced Tomatoes • Apple Juice • Fruit Juice • Orange Juice

MILK 1% White Milk
Skim Chocolate Milk

EVERYDAY LUNCH OPTION:
PB&J Sandwich

WHEN THIS SYMBOL IS ON THE MENU, **BREAKFAST 4 LUNCH!** IS AN OPTION FOR YOU

MY SCHOOL BUCKS
ADD MONEY TO YOUR ACCOUNT:
Online & Mobile app
Convenient to monitor spending, add funds and more!

LIMITED TIME OFFER
When you see this symbol on the menu—check out a NEW MENU ITEM!
LTO

THE LUNCH PROGRAM The "Offer Vs Serve" Lunch Program was designed by the federal government to eliminate food waste. This program requires each student (K-12th grade) to choose at least 3 of the 5 components each day. Their choices must include 1 fruit and/or vegetable and at least two more of the items offered. We encourage them to take all five items each day. Lunch serving consists of: Entrée (meat/meat/alternates), fruits, vegetables, grains/breads, assortment of low-fat milk.

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STUDENT NUTRITION