

EMUFSD Middle School Lunch

February 2018



1
Homemade Mac and Cheese w/ WG Pasta

Roasted Broccoli

**Please note the additional daily items

2
Spicy Chicken Patty Sandwich

Sweet Corn Kernels

**Please note the additional daily items

5
General Tso's Chicken
Sweet Potato Fries

**Please note the additional daily items

6
Meatball & Cheese Stromboli

Tomato Salad

**Please note the additional daily items

7
French Toast w/ Chicken Sausage Patty
Vegetarian Baked Beans

**Please note the additional daily items

8
WG Rotini & Meatballs W/ Toasted Garlic Bread

Roasted Broccoli
**Please note the additional daily items

9
Oven Baked BBQ Chicken

Baked Tater Tots

** Please note the addition daily items

12
Boneless Buffalo Wing
Sweet Potato Fries

**Please note the additional daily items

13
Corn Dog

Baked Tater Tots

**Please note the additional daily items

14
Beef Soft Tacos

Spicy Baked Beans

**Please note the additional daily items

15
Chicken Parmesan Hero

Green Beans

**Please note the additional daily items

16
Cheeseburger

Sweet Corn Kernels

**Please note the additional daily items

MID WINTER RECESS

26
Boneless Buffalo Wing
Sweet Potato Fries

**Please note the additional daily items

27
Meatball & Cheese Calzone

Tomato Salad

**Please note the additional daily items

28
Nachos Grande

Vegetarian Baked Beans

**Please note the additional daily items



Assorted snack items are offered daily that fit within the new Federal "Smart Snack" guidelines!

Grades K-12 are "Offer vs. Serve" and must choose at least 3 of the 5 options below:

--Meat/Meat Alternate--Whole Grain Item--Fruit Choice--
--Vegetable Choice--Milk Choice--

****One of the choices MUST be a fruit or vegetable!****

Items with a (P) may contain pork.

****Available Daily:**

WG Bagel & RF String Cheese, LF Vanilla Fruit Yogurt Parfait, Pizza Choices, Deli Sandwiches, & Salad Choices

Apples, Oranges, Fruit Cups, Orange Juice, Apple Juice, Fruit Punch, Carrot Sticks, Celery Sticks, Romaine Salad, Rotating Hot Vegetable

1% White Milk, Fat-Free White, Fat-Free Chocolate