



Traditional Favorites that may include hot or cold vegetables with bread assortment



Thompson Middle School February 2012



		1	2	3
		Hamburger or Cheeseburger on a Whole Grain Bun Oven Baked Potato Wedges	Sloppy Joe (Beef & Bean) Whole Grain Bun Roasted Sweet Potatoes	Pizza Day! Featuring Cheese Pizza On Whole Grain Crust
6	7	8	9	10
Cheese Quesadilla Seasoned Corn Fresh Orange Wedges	Vegetable Frittata (Italian Style Omelet with Veggies) Warm Garlic Breadstick	No School	Baked Whole Grain Chicken Nuggets / Sweet & Sour Dipping Sauce Broccoli "Trees" / WG Dinner Roll	Sizzling Backyard BBQ Chicken Salad Whole Grain Breadstick
13	14	15	16	17
Brunch for Lunch! Whole Grain French Toast Sticks Fluffy Scrambled Eggs Apple Slices	Shepard's Pie (Seasoned Beef, Corn & Mashed Potato) Whole Grain Dinner Roll	Fish Sandwich Whole Grain Bun Seasoned Carrot Coins	Kickin' Barbecued Chicken Vegetarian Baked Beans Homemade Corn Bread	Pizza Day! Featuring Cheese Pizza on Whole Grain Crust
20	21	22	23	24
27	28	29		
Baked Fish With Breadcrumbs Topping Crisp Green Beans Whole Grain Breadstick	Chicken Fajita Sautéed Chicken Onions & Peppers Whole Grain Tortilla Fiesta Rice with Black Beans	Chicken Parmesan Sandwich Steamed Broccoli	No more lost or forgotten lunch money! Visit www.mynutrikids.com to register. Your child's student i.d. will be required. (Available through your school)	Or the food service office) You may use this service to pay on line or simply to access your child's transaction history or Account balance.



Daily

Garden Salad with Dark Leafy Greens

Monday

- Spinach & Strawberry Salad
- Fresh Pepper Strips
- Fresh Pear

Tuesday

- Penne & Bean Salad
- Baby Carrots
- Apple Slices

Wednesday

- Fresh Celery Sticks
- Peach Cups
- Fresh Apple

Thursday

- Carrot, Raisin, Pineapple Salad
- Cucumber Coins
- Apricot Cups

Friday

- Build Your Own Salad Bar
- Fresh Orange



Served with Your Choice of Hot or Cold Vegetables, Salad, Fruit and Milk
Specials for the Week

- Monday Margarita Pizza
- Tuesday Greek Flatbread
- Wednesday Assorted Calzones
- Thursday Buffalo Chicken Flatbread
- Friday Chef's Choice Flatbread



Specials for the Week

- Mondays Turkey Apple & Cheddar Panini
- Tuesdays Chicken Cheddar & Broccoli Panini Wrap
- Wednesdays Italian Combo Panini with Salami, Provolone & Spinach
- Thursdays Turkey Club Panini
- Fridays Ham & Cheese Panini



Available Daily
Chicken Caesar Salad with Dinner Roll
Fruit & Yogurt Grab n Go Lunch

- Week 1 Veggie Wrap with Cheese
- Week 2 Chicken Ranch Wrap
- Week 3 Garden Salad with Cheese
- Week 4 Winter Recess
- Week 5 Chef Salad with Crisp Greens

Menu Subject to Change 🌾 *all grain items are made with whole grains*
All meals are served with milk (1% low fat white or flavored) Lactaid Milk Alternative always available
Any questions please call Cindy King, Director of Dining Services at 847-1170

Student Meal: \$2.10 • Breakfast: \$1.10 • Reduced Meal: 40¢ • Milk: 50¢ • Adult: \$2.85

