



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



## Thompson Middle School March 2012



			1	2
5	6	7	8	9
Cheese Quesadilla Fiesta Rice with Black Beans Seasoned Green Beans Fresh Orange Wedges	Chicken Chow Mein Fluffy Brown Rice Pineapple Tidbits Fortune Cookie	Italian Bowl! Whole Grain Pasta Marinara Sauce Meatballs <i>Locally</i> Grown Seasoned Broccoli Roma Herb Blend	Pork Roast with Gravy Mashed Butternut Squash Whole Grain Dinner Roll	Sizzling Backyard BBQ Chicken Salad Whole Grain Breadstick
12	13	14	15	16
Brunch for Lunch! Whole Grain French Toast Sticks Fluffy Scrambled Eggs Apple Slices	Open Face Hot Chicken Sandwich On Whole Grain Bread Oven Baked Potato Wedges Cranberry Sauce	Hamburger or Cheeseburger on a Whole Grain Bun Vegetarian Baked Beans	Sloppy Joe (Beef & Bean) Whole Grain Bun Roasted Sweet Potatoes	Pizza Day! Featuring Cheese Pizza on Whole Grain Crust
19	20	21	22	23
Vegetable Frittata (Italian Style Omelet with Veggies) Warm Garlic Breadstick	Beef a Roni (Macaroni with Meatsauce) Seasoned Green Beans Roma Herb Blend	Fish Sandwich Whole Grain Bun Roasted Carrot Fries	Kickin' Barbecued Chicken Seasoned Collard Greens Homemade Corn Bread Cinnamon Applesauce	Warm Catalina Chicken Salad With Dark Leafy Greens Whole Grain Dinner Roll
26	27	28	29	30
Baked Fish With Breadcrumbs Topping Seasoned Carrot Coins Whole Grain Italian Breadstick	Chicken Fajita Sautéed Chicken Featuring <i>Locally</i> Grown Peppers Sautéed Onions Whole Grain Tortilla Fiesta Black Bean Rice	Chicken Parmesan Sandwich Steamed Broccoli	Shepard's Pie (Seasoned Beef, Corn & Mashed Potato) Whole Grain Dinner Roll	Pizza Day! Featuring Cheese Pizza on Whole Grain Crust



### Daily

Garden Salad with Dark Leafy Greens

### Monday

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

### Tuesday

- Pasta & Bean Salad

- Baby Carrots
- Apple Slices

### Wednesday

- Fresh Celery Sticks
- Tangerines
- Fresh Apple

### Thursday

- Carrot, Pineapple Salad with Sweet Dried Cherries
- 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 Austin Steak Twister  
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 Chef Salad with Crisp Greens  
Week 2 Chicken Ranch Wrap  
Week 3 Garden Salad with Cheese  
Week 4 Satsuma Cobb Salad  
Week 5 Veggie Wrap with Cheese

**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

