



Middle School Menu







October 19th- October 23th, 2015

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. **School Foodservice Information:** Price: (\$3.05)paid, \$ (.40) reduced*, free* (*if qualified)

In addition to the vegetables and fruits offered on our serving line stations, **a cold vegetable and fruit bar is available daily.** We feature a variety of vegetables and fruits on the bar including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices.

A student must select a 1/2 cup serving of fruit or vegetable to make a complete meal.

"USDA IS AN EQUAL OPPORTUNITY EMPLOYER"

Station	Monday	Tuesday	Wednesday	Thursday	Friday
Favorite comfort foods and international flavors served your way in a portable bowl. \$3.05 	Korean Braised Ribs Warm Breadstick Veggie Fried Rice Seasoned Broccoli Fresh Parsley	Nachos with Queso Cheese Sauce Cilantro Lime Rice Seasoned Black Beans Fresh Pico De Gallo Fresh Cilantro	Late Night Breakfast French Toast Scrambled Eggs w/Cheese or Sausage Hash Browns Apple Crisp Fresh Parsley	Popcorn Chicken Bites WG Garlic Twist Seasoned Corn Mashed Potatoes w/ Savory Gravy Fresh Scallions	Caribbean or BBQ Chicken Cuban Yellow Rice Warm Breadstick Seasoned Green Beans Fresh Scallions
Lettuce and tomato offered daily. \$3.05 	Cheeseburger on a WG Bun BBQ Cheddar Burger Mini Corn Dog Nuggets Seasoned Broccoli Tater Tots	Cheeseburger on a WG Bun Chicken and Cheese Quesadilla Chicken Patty on WG Bun Seasoned Black Beans Sweet Potato Tots	Hamburger on WG Bun Buffalo Chicken Tenders w/ Breadstick Chicken Patty on WG Bun Apple Crisp Tater Tots	Hamburger on WG Bun Hot Dog Philly Cheesesteak Sandwich Seasoned Corn Tater Tots	Cheeseburger on WG Bun Chicken Patty on a WG Bun Cheese Sticks w/ Marinara Sauce Seasoned Green Beans Tater Tots
Classic Cheese Pizza Roma Herb Cheese Blend \$3.05 	Bosco Sticks w/ Pizza Dipping Sauce Buffalo Chicken Calzone	Pepperoni Pizza	Broccoli and Cheese Calzone Bosco Sticks w/ Pizza Dipping Sauce	Bacon Cheeseburger Pizza	Hawaiian Pizza
Made Fresh Your Way Homemade wg sub bun or wg wrap, assorted meats, cheeses and other proteins with a variety of fresh vegetables. \$3.05 	Italian Hoagie Crispy Chicken Popper Salad w/ Homemade Croutons	Ham & Swiss on WG Bun Mandarin Chicken Salad w/ Asian Topping	BBQ Chicken Wrap Chicken Caesar Salad with Homemade Croutons and a Breadstick	Chicken Caesar Wrap Cobb Salad with Homemade Croutons and a Breadstick	Mediterranean Hummus Wrap Deli Chef Salad with Homemade Croutons and a Breadstick
Salad and sandwich meals On The Go!!!! \$3.05 	Italian Hoagie Crispy Chicken Popper Salad w/ Homemade Croutons Parfait with Yogurt & Fruit	Ham & Swiss on WG Bun Mandarin Chicken Salad w/ Asian Topping Parfait with Yogurt & Fruit	BBQ Chicken Wrap Chicken Caesar Salad with Homemade Croutons and a Breadstick Parfait with Yogurt & Fruit	Chicken Caesar Wrap Cobb Salad with Homemade Croutons and a Breadstick Parfait with Yogurt & Fruit	Mediterranean Hummus Wrap Deli Chef Salad with Homemade Croutons and a Breadstick Parfait with Yogurt & Fruit
Fresh fruit and vegetable bar offered daily, featuring fresh seasonal produce including local items as available. ADD .005 	Broccoli Florets Fresh Baby Carrots Apples w/ Cinnamon Mandarin Oranges	Sesame Broccoli Salad Marinated Cucumber & Tomato Salad Mixed Fruit Chilled Pears	Crunchy Spinach Salad Chick Pea Salad Applesauce Seasonal Fresh Fruit	Red Pepper Strips Dark Green Tossed Salad Orange Wedges Jello w/ Fruit	Green Pepper Strips Celery Sticks Dried Cranberries Jicama Cucumber & Fruit Salad

Questions or comments? Please call Tracy Hizer Food Service Director at 248-726-3150 or Susan Tappen Assistant Food Service Director at 248-726-3149 Go to MyPlate.gov for online personal wellness resources for you and your family. Please Make Checks Payable to RCS Foodservice. District Charge Policy: You are allowed to charge two meals at the Middle School Level.



October Food Focus: Dark Leafy Greens

