

# WPUSD MIDDLE SCHOOL

2017/2018

## FALL - LUNCH MENU



### **\*\*MONDAY\*\***

Chicken Sandwich (14g) w/Baked Fries (12g)  
Cheesy Bread Sticks w/Marinara Sauce (60g) w/ 100% Juice (14g)

### **\*\*TUESDAY\*\***

Tyson Chicken Nuggets (16g) w/Baked Fries (12g)  
Chicken Burrito w/Rice, Beans & Cheese (78g)

### **\*\*WEDNESDAY\*\***

Spicy & Regular Chicken Tenders (21g) w/Baked Fries (12g)  
Land O'Lakes Mac & Cheese w/Juice (14g)

### **\*\*THURSDAY\*\***

Cheeseburger on a Bun with Lettuce & Tomato (27g) w/Tots(16g)  
Mandarin Orange Chicken Rice Bowl (43g) w/Juice (14g)



### **\*\*FRIDAY\*\***

Glazed Chicken Drumsticks (6g) w/Baked Fries (12g)  
Chili-Cheese Nacho's (88g)

### **\*\*\*\*\*DAILY\*\*\*\*\***

Pepperoni Pizza & Cheese Pizza (29g)  
Assorted Deli Sandwiches (23g)  
Chicken Caesar Salad (27g)  
Peanut Butter & Jelly Sandwich (34g)

Variety of Fresh Whole Fruits (18g), Canned Fruit (18g), Raisins (30g), Baby Carrots (9g)  
& Side Garden Salads (20g)  
1 % White Milk, Non-Fat Chocolate Milk (16g)

### **LUNCH MEAL PRICES**

**\$3.00 - Full Pay    \$ .40 - Reduced    \$4.00 Adults**

Meals must consist of a serving of Fruit or Vegetable with two other  
Components offered to be a complete meal

**\*\*\*NO CHARGING ALLOWED\*\*\***

MENU SUBJECT TO CHANGE

(Which could affect Carb Count)

**This institution is an equal opportunity employer and provider.**

