



Skyline Middle School April 2019



Week 1	1 General Tso's Chicken w/Brown Rice Steamed Broccoli	2 Pancakes w/ Sausage Tater Tots	3 Chicken Tenders w/Roll Steamed Carrots	4 Beefy Nachos w/Spanish Rice Spanish Black Beans	5 French Bread Pizza Green Beans
Week 2	8 Mini Corn Dogs Steamed Carrots	9 Chicken Alfredo w/ Breadstick Steamed Broccoli	10 Sweet & Sour Chicken w/Brown Rice Oriental Blend Veggies	11 Taco In a Bag Spanish Black Beans	12 French Toast Sticks w/ Sausage Patty Baked Tater Tots
Week 3	15 Hot Ham & Cheese on Pretzel Roll Baked Beans	16 Baked Potato Bar w/ Breadstick Broccoli	17 Waffles w/wo Strawberries & Cream Tater Tots	18 NO SCHOOL SPRING BREAK	19 NO SCHOOL SPRING BREAK
Week 4	22 NO SCHOOL SPRING BREAK	23 Pork BBQ Sandwich Sweet Potato Fries	24 Sweet & Sour Chicken w/Brown Rice Oriental Blend Veggies	25 Spaghetti & Meatballs w/Breadstick Broccoli	26 Soft Shell Tacos Black Beans
Week 5	29 Chicken Pot Pie w/Biscuit Green Beans	30 Chicken & Waffles French Fries			



Fast Takes Salad Choices:

- Week 1: Chicken Caesar Salad w/Roll
- Week 2: Crispy Chicken Salad w/Roll
- Week 3: Buffalo Chicken Salad w/Roll
- Week 4: Chef Salad w/Roll
- Week 5: Turkey Cobb Salad w/Roll

All salads are served with a WG Roll

Garden Cheese Salad w/Roll available daily



A variety of fresh, whole, **raw fruits & veggies** are available every day they may include Apples, Oranges, Bananas, Carrots, Celery, Broccoli & Cucumbers (*as in season*).

1% milk, non-fat milk, and non-fat flavored milk available daily



Daily Grill Choices:

- Week 1: Spicy Chicken Sandwich
- Week 2: Grilled Chicken Sandwich
- Week 3: Bacon Cheeseburger
- Week 4: Buffalo Chicken Sandwich
- Week 5: Max Mex Burger

Cheeseburger & Chicken Patty Daily



Upper Crust Choices:

- Week 1: Meat lovers
- Week 2: Hawaiian
- Week 3: Supreme
- Week 4: Sausage
- Week 5: Taco

Cheese & Pepperoni Daily

SP All pizzas feature whole grain crusts



Made to Order Deli Bar

Featuring: Ham, Turkey, and Other Deli Meats
WG Flatbread, Pretzel Roll, Sub Roll, Wrap, or Sandwich Bread



Deli Sandwich Choices:

- Week 1: Italian Sub
- Week 2: Tuna Sub
- Week 3: Chicken Caesar Wrap
- Week 4: Chicken Salad Sub
- Week 5: Chicken Ranch Wrap

Turkey and Cheese Sub available everyday

Meal Definition: 1 meat/meat alternative, 1 bread/grain, 1 servings of fruit, 2 servings of vegetables & 1 low fat or fat free milk. Meals must include at least 3 components and 1 must be a fruit or vegetable.