



# Warren County Middle School April 2019



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

All pizzas feature whole grain crusts *Cheese & Pepperoni Daily*

**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.

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