



August & September 2020

MIDDLE SCHOOL 6-8

Grab & Go

Monday	Tuesday	Wednesday	Thursday	Friday
		August 26	August 27	August 28
Reminder: Due by Sept. 13!! You must complete a NEW Free or Reduced Price Meal application every year. The Free & Reduced Application is on-line in Skyward.		Grilled Chicken Caesar Shaker Salad Turkey & Cheese Sandwich Roasted Ranch Chick Peas Applesauce Cup Choice of Chocolate or White Milk	Ham & String Cheese Roll up w/ Soft Pretzel Turkey & Cheese Sandwich Corn Salad Strawberry Cup Choice of Chocolate or White Milk	BBQ Chicken Flatbread Turkey & Cheese Sandwich Celery Sticks Mandarin Oranges Choice of Chocolate or White Milk
31-Aug	1-Sep	2-Sep	3-Sep	4-Sep
Cheese Pizza Wrap Ham & Cheese Sandwich Baby Carrots Apple Slices Choice of Chocolate or White Milk	Asian Chicken Salad w/ Romaine Ham & Cheese Sandwich Broccoli Florets Pineapple Tidbits Choice of Chocolate or White Milk	Roast Turkey BLT on Wheat Bread Ham & Cheese Sandwich Corn Salad Sliced Peaches Choice of Chocolate or White Milk	Sweet Yogurt Dippers w/ Grahams Ham & Cheese Sandwich Baby Carrots Berry Mix Choice of Chocolate or White Milk	Chicken Burrito Wrap Ham & Cheese Sandwich Black Bean Salsa Mandarin Oranges Choice of Chocolate or White Milk
7-Sep	8-Sep	9-Sep	10-Sep	11-Sep
Tortellini Salad with Veggies, Mozzarella, and Diced Turkey Ham Chipotle Style Burrito Bowl Baby Carrots w/ Dip Applesauce Cup Choice of Chocolate or White Milk	Buffalo Ranch Chicken Wrap Chipotle Style Burrito Bowl Broccoli Florets Strawberry Cup Choice of Chocolate or White Milk	Chipotle Style Burrito Bowl Corn Salad Berry Mix Choice of Chocolate or White Milk	BBQ Chicken Shaker Salad Chipotle Style Burrito Bowl Spiced Chick Peas Pineapple Tidbits Choice of Chocolate or White Milk	Turkey, Tomato, Mozzarella, & Pesto on Croissant Chipotle Style Burrito Bowl Green Pepper Strips Cantaloupe Chunks Choice of Chocolate or White Milk
14-Sep	15-Sep	16-Sep	17-Sep	18-Sep
Tex Mex Bento Box American Hoagie on Club Roll Baby Carrots Diced Pears Choice of Chocolate or White Milk	Caesar Salad with Breaded Chicken American Hoagie on Club Roll Honey Cinnamon Roasted Chickpeas Strawberry Cup Choice of Chocolate or White Milk	American Hoagie on Club Roll Cucumber Slices Apple Juice Choice of Chocolate or White Milk	Pepperoni Pizza Wrap American Hoagie on Club Roll Broccoli Florets Raisins Choice of Chocolate or White Milk	Pasta Salad w/ Parmesan & Peas American Hoagie on Club Roll Corn Salad Sliced Peaches Choice of Chocolate or White Milk
21-Sep	22-Sep	23-Sep	24-Sep	25-Sep
Breaded Chicken & Cheese Wrap Turkey & Cheese Sandwich Broccoli Florets w/ Dip Fruit Juice Choice of Chocolate or White Milk	Italian Hoagie on Savory Roll Turkey & Cheese Sandwich Baby Carrots w/ Dip Apple Slices Choice of Chocolate or White Milk	Grilled Chicken Caesar Shaker Salad Turkey & Cheese Sandwich Roasted Ranch Chick Peas Applesauce Cup Choice of Chocolate or White Milk	Ham & String Cheese Roll up w/ Soft Pretzel Turkey & Cheese Sandwich Corn Salad Strawberry Cup Choice of Chocolate or White Milk	BBQ Chicken Flatbread Turkey & Cheese Sandwich Celery Sticks Mandarin Oranges Choice of Chocolate or White Milk
28-Sep	29-Sep	30-Sep	The Food Service Staff continues to work in safe and sanitary conditions to prepare and provide meals to our students. Every day we follow FDA Food Safety standards of frequent and thorough hand washing, wearing gloves and hairnets and not reporting to work if sick. If you have any questions about our meal service during this time please contact: Sarah Ginn at 610.670.0180 x 1147 I will return you call as quickly as possible.	
Cheese Pizza Wrap Ham & Cheese Sandwich Baby Carrots Apple Slices Choice of Chocolate or White Milk	Asian Chicken Salad w/ Romaine Ham & Cheese Sandwich Broccoli Florets Pineapple Tidbits Choice of Chocolate or White Milk	Roast Turkey BLT on Wheat Bread Ham & Cheese Sandwich Corn Salad Sliced Peaches Choice of Chocolate or White Milk		

We are an equal opportunity provider and employer. Menu subject to change without notice!