

# SPSD Middle School Lunch Menu

## February 11 - 18

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES  
OFFERED DAILY WITH  
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

### COOKING UP A STORM

DIFFERENT EVERYDAY

TRY SOMETHING NEW

MONDAY	Gen Tso Chicken w/Rice & Broccoli
TUESDAY	Roasted Turkey & Gravy, Peas
WEDNESDAY	Spaghetti, Green Beans & Corn Bread
THURSDAY	Chicken Nuggets w/Roll & Carrots
FRIDAY	Salisbury Steak, Mash Potatoes, & Corn

### CHEESY GOODNESS

PEPPERONI

FOUR CHEESE

MONDAY	BBQ Chicken Pizza
TUESDAY	Supreme Pizza
WEDNESDAY	Sausage Pizza
THURSDAY	Bosco Sticks
FRIDAY	Pepperoni Pizza

### EVERY DAY, ALL DAY

NACHOS & TACOS

BEEF CHICKEN CHEESE

MONDAY	Bean Enchiladas
TUESDAY	Cheese Quesadilla
WEDNESDAY	Chicken Fajita
THURSDAY	Beef Quesadilla
FRIDAY	Steak Fajitas



### COOK OUT TIME

Cheese Burger or Spicy Chicken Patty

Seasoned Wedges or Sweet Potato Fries

MONDAY	Philly Cheese Steak Sandwich
TUESDAY	BBQ Bacon Cheeseburger
WEDNESDAY	Spicy Chicken Sandwich
THURSDAY	Grilled Cheese
FRIDAY	Sloppy Joes

### WEEKLY SPECIALS

Garden Tossed Salad, Turkey & Cheese Sub

Ham & Cheese, Bread Sticks w/Salads

MONDAY	Grill Ham & Cheese Sandwich
TUESDAY	Soy Butter & Jelly Sandwich
WEDNESDAY	Caesar Chicken Wrap
THURSDAY	Chicken Sandwich
FRIDAY	Turkey Club Sandwich