

# Middle School Lunch Menu

February 2023

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| <b>30</b><br>Beef Taco(s) & Spanish Rice<br>Veggie Tacos (V) & Spanish Rice<br>Chorizo Tacos & Spanish Rice<br>PB&J Sandwich (V)<br>Wow Butter & Jelly Sandwich (V)<br>Spicy Corn Salad<br>Assorted Fruit | <b>31</b><br>Chicken Nuggets & Dinner Roll<br>Hummus Bowl & Crisps (V)<br>Black Jack Meat Pizza<br>Black Jack Vegetarian Pizza (V)<br>Yogurt Basket-Cinnamon Crisps (V)<br>Broccoli<br>Assorted Fruit   | <b>1</b><br>Chicken Alfredo & Garlic Bread<br>Alfredo Pasta & Garlic Bread (V)<br>Crispy Chicken Sandwich<br>PB&J Sandwich (V)<br>Wow Butter & Jelly Sandwich (V)<br>Italian Green Beans<br>Assorted Fruit | <b>2</b><br>Cheeseburger<br>Black Bean Burger (V)<br>Black Jack Meat Pizza<br>Black Jack Vegetarian Pizza (V)<br>Yogurt Basket-Blueberry Muffin (V)<br>Baked Beans, Cherry Tomatoes<br>Assorted Fruit                                    | <b>3</b><br>Meatloaf & Garlic Bread<br>Broccoli & Cheese Baby Potatoes (V)<br>Spicy Grilled Cheese Sandwich (V)<br>Grilled Cheese Sandwich (V)<br>Mashed Potatoes<br>Baby Carrots<br>Assorted Fruit                      |
| <b>6</b><br>Beef OR Cheese (V) Nachos<br>Cheeseburger<br>PB&J Sandwich (V)<br>Wow Butter & Jelly Sandwich (V)<br>Refried Beans<br>Spicy Cucumber Coins<br>Assorted Fruit                                  | <b>7</b><br>Country Chicken Bowl & Roll<br>Grilled Cheese Sandwich (V)<br>Black Jack Meat Pizza<br>Black Jack Vegetarian Pizza (V)<br>Buffalo Chicken Salad<br>Yogurt Basket-Cinnamon Crisps (V)<br>Mashed Potatoes, Baby Carrots<br>Assorted Fruit | <b>8</b><br>Homemade Pepperoni Pizza<br>Homemade Cheese Pizza (V)<br>Nashville Hot Boneless Wings & Roll<br>PB&J Sandwich (V)<br>Wow Butter & Jelly Sandwich (V)<br>Cherry Tomatoes<br>Assorted Fruit      | <b>9</b><br>All Beef Hot Dog OR Chili Dog<br>Garden Chili & Cornbread (V)<br>Black Jack Meat Pizza<br>Black Jack Vegetarian Pizza (V)<br>Yogurt Basket-Blueberry Muffin (V)<br>Curly Fries<br>Assorted Fruit                             | <b>10</b><br>Chicken Caliente & Spanish Rice<br>Chili Cheese Fries (V)<br>Charro Beans & Spanish Rice (V)<br>Grilled Cheese Sandwich (V)<br>Broccoli<br>Assorted Fruit   |
| <b>13</b><br>Mac & Cheese (V)<br>Chorizo Mac & Cheese<br>Turkey Ranch Wrap<br>PB&J Sandwich (V)<br>Wow Butter & Jelly Sandwich (V)<br>Chilled Peas<br>Assorted Fruit                                      | <b>14</b><br>Chicken OR Cheese Quesadilla (V)<br>Black Jack Meat Pizza<br>Black Jack Vegetarian Pizza (V)<br>Mexican Chopped Salad<br>Yogurt Basket-Cinnamon Crisps (V)<br>Cherry Tomatoes, Refried Beans<br>Assorted Fruit                         | <b>15</b><br>Penne & Meat Sauce<br>Penne & Marinara Sauce (V)<br>Spicy Chicken Sandwich<br>PB&J Sandwich (V)<br>Wow Butter & Jelly Sandwich (V)<br>Garden Greens Salad<br>Assorted Fruit                   | <b>16</b><br>Crispy Chicken Sandwich<br>Black Bean Burger (V)<br>Black Jack Meat Pizza<br>Black Jack Vegetarian Pizza (V)<br>Yogurt Basket-Blueberry Muffin (V)<br>Sweet Potato Tots<br>Assorted Fruit                                   | <b>17</b><br>BBQ Pulled Pork Sandwich (P)<br>Broccoli & Cheese Baby Potatoes (V)<br>Turkey Chef Salad & Roll<br>Vegetarian Chef Salad & Roll (V)<br>Grilled Cheese Sandwich (V)<br>Steamed Green Beans<br>Assorted Fruit |
| <b>20</b><br><br><p style="text-align: center;"><b>No School</b></p>  | <b>21</b><br><br><p style="text-align: center;"><b>No School</b></p>  | <b>22</b><br>Meat Lasagna & Garlic Bread<br>Spinach Lasagna & Garlic Bread (V)<br>Crispy Chicken Sandwich<br>PB&J Sandwich (V)<br>Wow Butter & Jelly Sandwich (V)<br>Garden Greens Salad<br>Assorted Fruit | <b>23</b><br>Italian Sub Sandwich<br>Italian Veggie Sub Sandwich (V)<br>Black Jack Meat Pizza<br>Black Jack Vegetarian Pizza (V)<br>Yogurt Basket-Blueberry Muffin (V)<br>Confetti Chickpea Salad<br>Sweet Potato Tots<br>Assorted Fruit | <b>24</b><br>Chicken a la King & Roll<br>Cuban Sandwich (P)<br>Vegetarian Chef Salad & Roll (V)<br>Grilled Cheese Sandwich (V)<br>Mashed Potatoes<br>Assorted Fruit  |
| <b>27</b><br>Beef Taco(s) & Spanish Rice<br>Veggie Tacos (V) & Spanish Rice<br>Chorizo Tacos & Spanish Rice<br>PB&J Sandwich (V)<br>Wow Butter & Jelly Sandwich (V)<br>Spicy Corn Salad<br>Assorted Fruit | <b>28</b><br>Chicken Nuggets & Dinner Roll<br>Hummus Bowl & Crisps (V)<br>Black Jack Meat Pizza<br>Black Jack Vegetarian Pizza (V)<br>Yogurt Basket-Cinnamon Crisps (V)<br>Broccoli<br>Assorted Fruit   |  |  |  |

DPS Food & Nutrition Services provides scratch-made recipes for the majority of our items served

Milk options available with lunch include local white 1%, white non-fat and 1% chocolate. All bread options are whole grain rich

V=Vegetarian Entree Option: P=Entree contains Pork

For more information, please visit: [foodservices.dpsk12.org](http://foodservices.dpsk12.org)

**Please note, menus are subject to change without notice. This institution is an equal opportunity provider**