

September 2017

CLEVELAND MIDDLE SCHOOL

LUNCH

Students Full Price	\$2.50	C: Comfort Classic
Students Reduced	\$0.40	S: Second Choice
Teachers	\$3.00	D: Deli Option
Adult Visitors	\$3.50	V: Hot Vegetable



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



This Institution Is An Equal Opportunity Provider And Employer

Offered Daily; Assorted Fruits & Vegetables, Romaine Salad Choice of Milk

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C: LITTLE SMOKIES
S: MAC & CHEESE
D: CHICKEN SANDWICH
D: CHEF SALAD
D: CHICKEN TORTILLA WRAP
V: BAKED BEANS
F: PEARS

5

C: MEATBALL SUB
S: CORN DOG
D: CHEF SALAD
D: DELI SUB
V: GREEN BEANS
F: PEACHES

6

C: TATOR TOT CASSEROLE
S: GRILLED CHICKEN SANDWIC
D: CHEF SALAD
D: HAWAIIAN WRAP
V: BROCCOLI
F: PINEAPPLE

7

C: PIZZA
S: CHICKEN FAJITA
D: CHEF SALAD
D: PB&J
V: CORN
F: MIXED FRUIT

8

C: CHICKEN NUGGETS
S: HAMBURGER
D: CHEF SALAD
D: PB&J
V: MASHED POTATOES
F: ROSY APPLESAUCE

11

C: FISH STICKS
S: CHICKEN SANDWICH
D: CHEF SALAD
D: CHICKEN TORTILLA WRAP
V: BAKED BEANS
F: PEARS

12

C: ITALIAN CHICKEN
S: CORN DOG
D: CHEF SALAD
D: DELI SUB
V: GREEN BEANS
F: PEACHES

13

C: BAKED POTATO W/ CHILI
S: GRILLED CHICKEN SANDWIC
D: CHEF SALAD
D: TURKEY/CHEESE SANDWICH
V: BROCCOLI
F: PINEAPPLE

14

C: PIZZA
S: HOT HAM \$ CHEESE
D: CHEF SALAD
D: PB&J
V: CORN
F: MIXED FRUIT

15

C: QUESADILLA
S: HAMBURGER
D: CHEF SALAD
D: PB&J
V: CARROTS
F: ROSY APPLESAUCE

18

C: BEEF TACO
S: CHICKEN SANDWICH
D: CHEF SALAD
D: CHICKEN TORTILLA WRAP
V: REFRIED BEANS
F: PEARS

19

C: CHICKEN & NOODLES
S: CORN DOG
D: CHEF SALAD
D: DELI SUB
V: GREEN BEANS
F: PEACHES

20

C: CHEESEBURGER
S: GRILLED CHICKEN SANDWICH
D: CHEF SALAD
D: HAWAIIAN WRAP
V: POTATO PUFFS
F: PINEAPPLE

21

C: PIZZA
S: BURRITO
D: CHEF SALAD
D: PB&J
V: CORN
F: MIXED FRUIT

22

C: TANGERINE CHICKEN
S: HAMBURGER
D: CHEF SALAD
D: PB&J
V: BROCCOLI
F: ROSY APPLESAUCE

25

C: PULLED PORK
S: CHICKEN SANDWICH
D: CHEF SALAD
D: CHICKEN TORTILLA WRAP
V: BAKED BEANS
F: PEARS

26

C: SPAGHETTI & MEATBALLS
S: CORN DOG
D: CHEF SALAD
D: DELI SUB
V: GREEN BEANS
F: PEACHES

27

C: BEEF FINGERS
S: GRILLED CHICKEN SANDWICH
D: CHEF SALAD
D: TURKEY/CHEESE SANDWICH
V: MASHED POTATOES
F: PINEAPPLE

28

C: PIZZA
S: CHICKEN FAJITA
D: CHEF SALAD
D: PB&J
V: CORN
F: MIXED FRUIT

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