

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11	12	13	14	15
Salad Bar • Gazpacho Salad with Garbanzo Beans and Feta Soup • Cream of Vegetable Soup • Cream of Cauliflower Soup Entree • All Beef Sloppy Joe Sandwich • Crispy Seasoned Tater Tots • Steamed Broccoli Vegetarian • Sloppy Joe Lentils	Salad Bar • Caribbean Couscous Salad with Beans and Mango • Tortilla Chips Soup • Chicken Enchilada • Cream of Broccoli Entree • All Beef Taco • Cilantro Rice • Mexican Corn on the Cob • Sautéed Peppers Onions Vegetarian • Cilantro Lime Tofu Taco	Salad Bar • Mediterranean Bowtie Pasta Salad Soup • Chicken Orzo Soup • Vegan Minestrone Entree • Cheese Ravioli with Marinara Sauce • Baked Ciabatta Roll with Butter • Fresh Steamed & Seasoned Green Beans Vegetarian • Cheese Ravioli with Marinara Sauce Dessert • Blondie Brownie	Salad Bar • Summer Chef Salad Soup • Creamy Mushroom Soup • Tomato Soup Entree • Bagel Pizza • Parmesan Potato Wedges • Roasted Cauliflower Vegetarian • Bagel Pizza	Salad Bar • Sweet and Sour Coleslaw Soup • Chicken and Dumpling Soup • Creamy Corn Chowder Entree • All Beef Hot Dog served on a Whole Wheat Bun • Baked Beans • Crispy Parmesan Summer Squash Vegetarian • Fried Tofu Sandwich with Slaw Dessert • Butterscotch Pretzel Cookie

Daily Offerings: Deli Bar , House Roasted Turkey, Assortment of Deli Meats, Assortment of Sliced Cheeses, Variety of Local Breads , **Salad Bar** , Simple Greens and Seasonal Gourmet Greens, Assortment of Freshly Cut and Prepared Salad Toppings, Grains, Legumes, House-made Salad Dressings to include Low-Fat Salad Dressings, House-made Croutons , Prepared Deli Salads to include Chicken, Egg and Tuna, Hummus , **Sweet Offerings:** , Assortment of Local and Seasonal Hand Fruit, Flavored Low-Fat Yogurt , **Beverages:** , Skim and 2% Milk, Assortment of 100% Juices and Seasonal House-made Beverages including Water Works

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18	19	20	21	22
Salad Bar • Yogurt Parfait Day Soup • Chicken Vegetable Rice Soup • Apple-Cinnamon Oatmeal Entree • Cheesy Scrambled Eggs • Garlic Rosemary Potatoes • Pork Breakfast Sausage Patty Vegetarian • Tofu "Chorizo"	Salad Bar • Orange Jicama Slaw • Tortilla Chips Soup • Chicken Noodle Soup • Southwestern Vegetarian Soup Entree • Beef Barbacoa Tacos • Adobo Pulled Chicken • Cilantro Lime Brown Rice • Sauteed Peppers Onions Vegetarian • Cheese Quesadilla	Salad Bar • Farfalle Strawberry Caprese Salad Soup • Lentil and Spinach Soup • Vegetable Orzo Parmesan Soup Entree • Baked Spaghetti with Beef Meat Sauce • Parker House Rolls • Roasted Zucchini, Squash Vegetarian • Vegetarian Baked Spaghetti Dessert • Raspberry Chocolate Brownie	Salad Bar • Mandarin Orange Salad Soup • Summer Squash Soup with Pumpkin Seed • Spinach Egg Drop Soup Entree • Teriyaki Chicken • Vegetable Egg Stir Fried Brown Rice • Steamed Broccoli Vegetarian • Soy Ginger Marinated Tofu	Salad Bar • Macaroni Salad, Cheddar Soup • Summer Vegetable Soup • Cream of Cauliflower Soup Entree • Turkey Cheddar Sandwich • Rosemary Garlic Potato Wedges • Fresh Steamed & Seasoned Green Beans Vegetarian • Three Cheese Grilled Cheese Dessert • Rice Krispy Bar

Daily Offerings: Deli Bar , House Roasted Turkey, Assortment of Deli Meats, Assortment of Sliced Cheeses, Variety of Local Breads , **Salad Bar** , Simple Greens and Seasonal Gourmet Greens, Assortment of Freshly Cut and Prepared Salad Toppings, Grains, Legumes, House-made Salad Dressings to include Low-Fat Salad Dressings, House-made Croutons , Prepared Deli Salads to include Chicken, Egg and Tuna, Hummus , **Sweet Offerings:** , Assortment of Local and Seasonal Hand Fruit, Flavored Low-Fat Yogurt , **Beverages:** , Skim and 2% Milk, Assortment of 100% Juices and Seasonal House-made Beverages including Water Works


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September 24-30 2023

Middle School Menu

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25	26	27	28	29
 <p>Yom Kippur</p>	Salad Bar <ul style="list-style-type: none"> • Tropical Fruit Guacamole • Tortilla Chips Soup <ul style="list-style-type: none"> • Cream of Vegetable Soup • Chicken Tortilla Soup Entree <ul style="list-style-type: none"> • Chicken Tacos • Spanish Rice • Glazed Roasted Carrots Vegetarian <ul style="list-style-type: none"> • Adobo Spiced Tofu 	Salad Bar <ul style="list-style-type: none"> • Antipasti Salad Soup <ul style="list-style-type: none"> • Chicken Noodle Soup • Creamy Corn Chowder Entree <ul style="list-style-type: none"> • Cheese Tortellini • Marinara Sauce • Garlic Bread • Roasted Zucchini Vegetarian <ul style="list-style-type: none"> • Cheese Tortellini • Marinara Sauce Dessert <ul style="list-style-type: none"> • Banana Chocolate Chip Muffin 	Salad Bar <ul style="list-style-type: none"> • Loaded Potato Salad w/Bacon Soup <ul style="list-style-type: none"> • Beef Barley Soup • Tomato Soup Entree <ul style="list-style-type: none"> • Three Cheese Grilled Cheese • Seasoned Quinoa with Parmesan and Basil • Steamed Broccoli Vegetarian <ul style="list-style-type: none"> • Three Cheese Grilled Cheese 	Salad Bar <ul style="list-style-type: none"> • Traditional Coleslaw Soup <ul style="list-style-type: none"> • Creamy Mushroom Soup • Curried Lentil Soup Entree <ul style="list-style-type: none"> • BBQ Pulled Pork Slider • Potato Chips • Crispy Parmesean Summer Squash Vegetarian <ul style="list-style-type: none"> • Sloppy Joe Lentils Dessert <ul style="list-style-type: none"> • Oatmeal Raisin Cookie

Daily Offerings: Deli Bar , House Roasted Turkey, Assortment of Deli Meats, Assortment of Sliced Cheeses, Variety of Local Breads , **Salad Bar** , Simple Greens and Seasonal Gourmet Greens, Assortment of Freshly Cut and Prepared Salad Toppings, Grains, Legumes, House-made Salad Dressings to include Low-Fat Salad Dressings, House-made Croutons , Prepared Deli Salads to include Chicken, Egg and Tuna, Hummus , **Sweet Offerings:** , Assortment of Local and Seasonal Hand Fruit, Flavored Low-Fat Yogurt , **Beverages:** , Skim and 2% Milk, Assortment of 100% Juices and Seasonal House-made Beverages including Water Works

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Salad Bar • Spinach, Feta & Berry Salad Soup • Cream of Vegetable Soup • Super Veggie Soup Entree • Garlic, Cheese Bread • Roasted Red Potatoes • Steamed Cauliflower Vegetarian • Garlic, Cheese Bread	Salad Bar • Pineapple, Mango Pico de Gallo • Tortilla Chips Soup • Chicken Orzo Soup • Southwestern Vegetarian Soup Entree • Carne Asada Cheese Quesadilla • Cheese Quesadilla • Steamed Rice • Poblano Fajita Peppers Vegetarian • Vegetable Bean Taco	Salad Bar • Caesar Salad Soup • Chicken Noodle Soup • Cream of Broccoli Soup Entree • Baked Macaroni & Cheese with Chicken • Garlic Bread • Fresh Steamed & Seasoned Green Beans Vegetarian • Baked Macaroni and Cheese, Broccoli Dessert • Snickerdoodle Cookie	Salad Bar • Asian Slaw Soup • Roasted Red Pepper Soup • Asian Vegetable Broth Entree • Korean Beef • Vegetable Egg Stir Fried Brown Rice • Steamed Broccoli Vegetarian • Soy Ginger Marinated Tofu	Salad Bar • Mediterranean Bowtie Pasta Salad Soup • Chicken and Dumpling Soup • Summer Vegetable Soup Entree • Sliced Chicken Melt Sandwich • Orzo Pilaf • Roasted Zucchini Vegetarian • Mozz, Spinach, Tomato, Melt Dessert • Oreo Brownies

Daily Offerings: Deli Bar , House Roasted Turkey, Assortment of Deli Meats, Assortment of Sliced Cheeses, Variety of Local Breads , **Salad Bar** , Simple Greens and Seasonal Gourmet Greens, Assortment of Freshly Cut and Prepared Salad Toppings, Grains, Legumes, House-made Salad Dressings to include Low-Fat Salad Dressings, House-made Croutons , Prepared Deli Salads to include Chicken, Egg and Tuna, Hummus , **Sweet Offerings:** , Assortment of Local and Seasonal Hand Fruit, Flavored Low-Fat Yogurt , **Beverages:** , Skim and 2% Milk, Assortment of 100% Juices and Seasonal House-made Beverages including Water Works

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9	10	11	12	13
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
• Summer Pasta Salad	• Pineapple, Mango Pico de Gallo	• Summer Chef Salad	• Yogurt Parfait Day	• Macaroni Salad, Cheddar
Soup	• Tortilla Chips	Soup	Soup	Soup
• Stuffed Peppers	Soup	• Cream of Vegetable Soup	• Chicken Vegetable Rice Soup	• Summer Vegetable with Edamame
• Creamy Corn Chowder	• Chicken Pozole	• Vegan Minestrone	• Apple-Cinnamon Oatmeal	• Hearty Vegetable Chili
Entree	• Roasted Red Pepper Soup	Entree	Entree	Entree
• Cheese Pizza	Entree	• Gemelli Pasta with Marinara Sauce	• Baked French Toast	• Loaded Baked Potato Bar
• Parmesan Bread Sticks	• Pork Carnitas	• Italian Sausage	• O'Brien Potatoes	• Bacon Crumbles
• Roasted Carrots, Rosemary, Garlic	• Adobo Pulled Chicken	• Parker House Rolls	• Turkey Breakfast Sausage Links	• Cheese Sauce
Vegetarian	• Cilantro Lime Brown Rice	Vegetarian	Vegetarian	• Steamed Broccoli
• Cheese Pizza	• Sauteed Peppers Onions	• Gemelli Pasta with Marinara Sauce	• Baked French Toast	Vegetarian
	Vegetarian	Dessert	• Tofu "Chorizo"	• Loaded Baked Potato Bar
	• Adobo Spiced Tofu	• Rice Krispy Bar		Dessert
				• Funfetti Cookie

Daily Offerings: Deli Bar , House Roasted Turkey, Assortment of Deli Meats, Assortment of Sliced Cheeses, Variety of Local Breads , **Salad Bar** , Simple Greens and Seasonal Gourmet Greens, Assortment of Freshly Cut and Prepared Salad Toppings, Grains, Legumes, House-made Salad Dressings to include Low-Fat Salad Dressings, House-made Croutons , Prepared Deli Salads to include Chicken, Egg and Tuna, Hummus , **Sweet Offerings:** , Assortment of Local and Seasonal Hand Fruit, Flavored Low-Fat Yogurt , **Beverages:** , Skim and 2% Milk, Assortment of 100% Juices and Seasonal House-made Beverages including Water Works

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16	17	18	19	20
Salad Bar • Summer Farmer's Market Salad Soup • Tortellini Soup • Watermelon and Mango Gazpacho with Cilantro Yogurt Entree • Hand Breaded Chicken Tenders • Creamy Mashed Potatoes • Beef Gravy • Buttered Corn • Steamed Green Beans Vegetarian • Breaded Cauliflower	Salad Bar • Pomegranate Guacamole • Tortilla Chips Soup • Chicken Noodle Soup • Tortilla Soup Entree • Cheese Quesadilla • Adobo Pulled Chicken • Steamed Rice • Fajita Vegetables Vegetarian • Cheese Quesadilla	Salad Bar • Kale, Tomato, Cauliflower Caesar Soup • Creamy Corn Chowder • Summer Vegetable Soup Entree • Baked Macaroni & Cheese with Chicken • Parmesan Bread Sticks • Roasted Carrots with Cumin & Mint Vegetarian • Baked Macaroni and Cheese Dessert • Chocolate Chip Cookie	Salad Bar • Loaded Potato Salad w/Bacon Soup • Tomato Soup • Vegetable Orzo Parmesan Soup Entree • Three Cheese Grilled Cheese • Roasted Potatoes • Steamed Broccoli Vegetarian • Three Cheese Grilled Cheese	 USM CLOSED

Daily Offerings: Deli Bar , House Roasted Turkey, Assortment of Deli Meats, Assortment of Sliced Cheeses, Variety of Local Breads , **Salad Bar** , Simple Greens and Seasonal Gourmet Greens, Assortment of Freshly Cut and Prepared Salad Toppings, Grains, Legumes, House-made Salad Dressings to include Low-Fat Salad Dressings, House-made Croutons , Prepared Deli Salads to include Chicken, Egg and Tuna, Hummus , **Sweet Offerings:** , Assortment of Local and Seasonal Hand Fruit, Flavored Low-Fat Yogurt , **Beverages:** , Skim and 2% Milk, Assortment of 100% Juices and Seasonal House-made Beverages including Water Works

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23	24	25	26	27
 <p>USM CLOSED</p>	<p>Salad Bar</p> <ul style="list-style-type: none"> • Caribbean Couscous Salad with Beans and Mango • Tortilla Chips <p>Soup</p> <ul style="list-style-type: none"> • Chicken Enchilada Soup • Cream of Broccoli Soup <p>Entree</p> <ul style="list-style-type: none"> • All Beef Taco • Cilantro Rice • Mexican Corn on the Cob • Sautéed Peppers and Onions <p>Vegetarian</p> <ul style="list-style-type: none"> • Cilantro Lime Tofu Taco 	<p>Salad Bar</p> <ul style="list-style-type: none"> • Mediterranean Bowtie Pasta Salad <p>Soup</p> <ul style="list-style-type: none"> • Chicken Orzo Soup • Vegan Minestrone <p>Entree</p> <ul style="list-style-type: none"> • Cheese Ravioli with Marinara Sauce • Baked Ciabatta Roll with Butter • Fresh Steamed & Seasoned Green Beans <p>Vegetarian</p> <ul style="list-style-type: none"> • Cheese Ravioli with Marinara Sauce <p>Dessert</p> <ul style="list-style-type: none"> • Blondie Brownie 	<p>Salad Bar</p> <ul style="list-style-type: none"> • Summer Chef Salad <p>Soup</p> <ul style="list-style-type: none"> • Creamy Mushroom Soup • Tomato Soup <p>Entree</p> <ul style="list-style-type: none"> • Bagel Pizza • Parmesan Potato Wedges • Roasted Cauliflower <p>Vegetarian</p> <ul style="list-style-type: none"> • Bagel Pizza 	<p>Salad Bar</p> <ul style="list-style-type: none"> • Sweet and Sour Coleslaw <p>Soup</p> <ul style="list-style-type: none"> • Chicken and Dumpling Soup • Creamy Corn Chowder <p>Entree</p> <ul style="list-style-type: none"> • All Beef Hot Dog served on a Whole Wheat Bun • Baked Beans • Crispy Parmesan Summer Squash <p>Vegetarian</p> <ul style="list-style-type: none"> • Fried Tofu Sandwich with Slaw <p>Dessert</p> <ul style="list-style-type: none"> • Butterscotch Pretzel Cookie

Daily Offerings: Deli Bar , House Roasted Turkey, Assortment of Deli Meats, Assortment of Sliced Cheeses, Variety of Local Breads , **Salad Bar** , Simple Greens and Seasonal Gourmet Greens, Assortment of Freshly Cut and Prepared Salad Toppings, Grains, Legumes, House-made Salad Dressings to include Low-Fat Salad Dressings, House-made Croutons , Prepared Deli Salads to include Chicken, Egg and Tuna, Hummus , **Sweet Offerings:** , Assortment of Local and Seasonal Hand Fruit, Flavored Low-Fat Yogurt , **Beverages:** , Skim and 2% Milk, Assortment of 100% Juices and Seasonal House-made Beverages including Water Works



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2	3
Salad Bar • Yogurt Parfait Day Soup • Chicken Vegetable Rice Soup • Apple-Cinnamon Oatmeal Entree • Cheesy Scrambled Eggs • Garlic Rosemary Potatoes • Pork Breakfast Sausage Patty Vegetarian • Tofu "Chorizo"	Salad Bar • Orange Jicama Slaw • Tortilla Chips Soup • Chicken Noodle Soup • Southwestern Vegetarian Soup Entree • Beef Barbacoa Tacos • Adobo Pulled Chicken • Cilantro Lime Brown Rice • Sauteed Peppers Onions Vegetarian • Cheese Quesadilla	Salad Bar • Farfalle Strawberry Caprese Salad Soup • Lentil and Spinach Soup • Vegetable Orzo Parmesan Soup Entree • Baked Spaghetti with Beef Meat Sauce • Parker House Rolls • Roasted Zucchini, Squash Vegetarian • Vegetarian Baked Spaghetti Dessert • Raspberry Chocolate Brownie	Salad Bar • Mandarin Orange Salad Soup • Summer Squash Soup with Pumpkin Seed • Spinach Egg Drop Soup Entree • Teriyaki Chicken • Vegetable Egg Stir Fried Brown Rice • Steamed Broccoli Vegetarian • Soy Ginger Marinated Tofu	Salad Bar • Macaroni Salad, Cheddar Soup • Summer Vegetable Soup • Cream of Cauliflower Soup Entree • Turkey Cheddar Sandwich • Rosemary Garlic Potato Wedges • Fresh Steamed & Seasoned Green Beans Vegetarian • Three Cheese Grilled Cheese Dessert • Rice Krispy Bar

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7	8	9	10
Salad Bar • Mediterranean Couscous Salad Soup • Tortellini Soup • Vegetable Orzo Parmesan Soup Entree • Personal Pepperoni Pizza • Parmesan Bread Sticks • Steamed Cauliflower Vegetarian • Cheese Pizza	Salad Bar • Tropical Fruit Guacamole • Tortilla Chips Soup • Cream of Vegetable Soup • Chicken Tortilla Soup Entree • Chicken Tacos • Spanish Rice • Glazed Roasted Carrots Vegetarian • Adobo Spiced Tofu	Salad Bar • Antipasti Salad Soup • Chicken Noodle Soup • Creamy Corn Chowder Entree • Cheese Tortellini • Marinara Sauce • Garlic Bread • Roasted Zucchini Vegetarian • Cheese Tortellini • Marinara Sauce	 USM CLOSED	 USM CLOSED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13	14	15	16	17
Salad Bar • Spinach, Feta & Berry Salad Soup • Cream of Vegetable Soup • Super Veggie Soup Entree • Garlic, Cheese Bread • Roasted Red Potatoes • Steamed Cauliflower Vegetarian • Garlic, Cheese Bread	Salad Bar • Pineapple, Mango Pico de Gallo • Tortilla Chips Soup • Chicken Orzo Soup • Southwestern Vegetarian Soup Entree • Carne Asada Cheese Quesadilla • Cheese Quesadilla • Steamed Rice • Poblano Fajita Peppers Vegetarian • Vegetable Bean Taco	Salad Bar • Caesar Salad Soup • Chicken Noodle Soup • Cream of Broccoli Soup Entree • Baked Macaroni & Cheese with Chicken • Garlic Bread • Fresh Steamed & Seasoned Green Beans Vegetarian • Baked Macaroni and Cheese, Broccoli	Salad Bar • Asian Slaw Soup • Roasted Red Pepper Soup • Asian Vegetable Broth Entree • Korean Beef • Vegetable Egg Stir Fried Brown Rice • Steamed Broccoli Vegetarian • Soy Ginger Marinated Tofu	Salad Bar • Mediterranean Bowtie Pasta Salad Soup • Chicken and Dumpling Soup • Summer Vegetable Soup Entree • Sliced Chicken Melt Sandwich • Orzo Pilaf • Roasted Zucchini Vegetarian • Mozz, Spinach, Tomato, Melt

Daily Offerings: Deli Bar , House Roasted Turkey, Assortment of Deli Meats, Assortment of Sliced Cheeses, Variety of Local Breads , **Salad Bar** , Simple Greens and Seasonal Gourmet Greens, Assortment of Freshly Cut and Prepared Salad Toppings, Grains, Legumes, House-made Salad Dressings to include Low-Fat Salad Dressings, House-made Croutons , Prepared Deli Salads to include Chicken, Egg and Tuna, Hummus , **Sweet Offerings:** , Assortment of Local and Seasonal Hand Fruit, Flavored Low-Fat Yogurt , **Beverages:** , Skim and 2% Milk, Assortment of 100% Juices and Seasonal House-made Beverages including Water Works

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20	21	22	23	24
Salad Bar • Summer Pasta Salad Soup • Stuffed Peppers • Creamy Corn Chowder Entree • Cheese Pizza • Parmesan Bread Sticks • Roasted Carrots, Rosemary, Garlic Vegetarian • Cheese Pizza	Salad Bar • Pineapple, Mango Pico de Gallo • Tortilla Chips Soup • Chicken Pozole • Roasted Red Pepper Soup Entree • Pork Carnitas • Adobo Pulled Chicken • Cilantro Lime Brown Rice • Sauteed Peppers Onions Vegetarian • Adobo Spiced Tofu	 HALF DAY NO LUNCH SERVED EARLY DISMISSAL	 HAPPY Thanks Giving Thanksgiving	 HAVE A GOOD FALL BREAK! Thanksgiving Break

Daily Offerings: Deli Bar , House Roasted Turkey, Assortment of Deli Meats, Assortment of Sliced Cheeses, Variety of Local Breads , **Salad Bar** , Simple Greens and Seasonal Gourmet Greens, Assortment of Freshly Cut and Prepared Salad Toppings, Grains, Legumes, House-made Salad Dressings to include Low-Fat Salad Dressings, House-made Croutons , Prepared Deli Salads to include Chicken, Egg and Tuna, Hummus , **Sweet Offerings:** , Assortment of Local and Seasonal Hand Fruit, Flavored Low-Fat Yogurt , **Beverages:** , Skim and 2% Milk, Assortment of 100% Juices and Seasonal House-made Beverages including Water Works

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