

Walker County Schools



Middle School Lunch Menu
2016 - 2017

Monday	Tuesday	Wednesday	Thursday	Friday
 2	 3	Quesadilla w/ Sour Cream OR Chicken on WG Bun Fries Salsa Refried Beans Lettuce & Tomato Toss Salad w/ Dressing Choice Raisins Fresh Fruit Milk Choice 4	Corn Dog OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Cole Slaw Baked Beans Corn Toss Salad w/ Dressing Choice Dried Fruit Fresh Fruit Milk Choice 5	Hamburger on WG Bun w/ Lettuce, Tomato, Onion OR Vegetable Beef Soup w/ Grilled Cheese Sandwich Veggies w/ Ranch Dressing Toss Salad w/ Dressing Choice Peaches Fresh Fruit Milk Choice 6
Chicken Fajita & Cheese Cup w/ Sour Cream and Salsa OR Pizza Refried Beans Steamed Carrots Toss Salad w/ Dressing Choice Saltine Crackers/Croutons Applesauce Frozen Fruit Milk Choice 9	Pork Roast w/ Gravy OR Chicken Nuggets WG Roll Mixed Veggies Broccoli/Cheese Toss Salad w/ Dressing Choice Strawberries Fresh Fruit Milk Choice 10	Spaghetti w/ Meat Sauce w/ WG Roll OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Choice Spiced Apples Fresh Fruit WG Choc Chip Cookie Milk Choice 11	Hotdog on WG Bun w/Chili OR Sloppy Joe on WG Bun Cole Slaw Fries Toss Salad w/ Dressing Choice Blueberries Fresh Fruit Milk Choice 12	Cheese Sticks w/ Marinara Sauce OR Chicken Noodle Soup w/ Cheesy Bread Stick Refried Beans Carrots w/ Dip Caesar Salad Peaches Fresh Fruit Milk Choice 13
 Holiday No SCHOOL 16	Teriyaki Chicken w/ WG Roll OR Pizza Broccoli w/ Cheese Steamed Carrots Toss Salad w/ Dressing Choice Applesauce Frozen Fruit Milk Choice 17	Hamburger on WG Bun OR Beef Taco's w/ Crispy Shells & Cheese Cup & Salsa & Sour Cream Lettuce & Diced Tomato Refried Beans Strawberries Fresh Fruit Milk Choice 18	BBQ Pork on WG Bun OR Fish w/ Tartar Sauce on WG Bun Baked Beans Cole Slaw Tossed Salad w/ Dressing Choice Raisins Fresh Fruit Apple Crisp Milk Choice 19	Chicken on WG Bun w/ Lettuce & Tomato OR Chili w/ Grilled Cheese Sandwich Toss Salad w/ Dressing Choice Steamed Carrots Fries Mixed Fruit Fresh Fruit Milk Choice 20
Pizza OR Burrito w/ Sour Cream Green Beans Caesar Salad Carrots w/ dip Applesauce Frozen Fruit Milk Choice 23	Mac & Cheese Pintos OR Black-eyed Peas Corn Bread Okra Cole Slaw Sweet Potatoes Toss Salad w/ Dressing Choice Strawberries Fresh Fruit Ice Cream Milk Choice 24	Quesadilla w/ Sour Cream OR Chicken on WG Bun Fries Salsa Refried Beans Lettuce & Tomato Toss Salad w/ Dressing Choice Raisins Fresh Fruit Milk Choice 25	Corn Dog OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Cole Slaw Baked Beans Corn Toss Salad w/ Dressing Choice Dried Fruit Fresh Fruit Milk Choice 26	Hamburger on WG Bun w/ Lettuce, Tomato, Onion OR Vegetable Beef Soup w/ Grilled Cheese Sandwich Veggies w/ Ranch Dressing Toss Salad w/ Dressing Choice Peaches Fresh Fruit Milk Choice 27
Chicken Fajita & Cheese Cup w/ Sour Cream and Salsa OR Pizza Refried Beans Steamed Carrots Toss Salad w/ Dressing Choice Saltine Crackers/Croutons Applesauce Frozen Fruit Milk Choice 30	Pork Roast w/ Gravy OR Chicken Nuggets WG Roll Mixed Veggies Broccoli/Cheese Toss Salad w/ Dressing Choice Strawberries Fresh Fruit Milk Choice 31	 What's on MyPlate? Your tray must have at least ½ cup fruit or veggie on it.	Students must have a lunch from home or school to be eligible to purchase the following items: 12 oz. Bottle Water every day for \$.75, Frozen Fruit (4.4 oz. cup of 100% fruit juice) on Thursdays for \$.90 WG Choc Chip Cookie (1.85 oz.) on Fridays for \$.75. NO CHARGING will be allowed for these items or any extra food sales. Students must follow the WC School Nutrition guidelines.	

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MENU SUBJECT TO CHANGE BASED UPON AVAILABILTY OF FOOD

This institution is an equal opportunity provider.