

HOWARDS GROVE LUNCH MENU

February 24 to April 18th

MIDDLE SCHOOL



Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Choices Garden Bar Pizza sandwich
<p>24 Buffalo Chicken Wings with veggies and blue cheese Seasoned peas Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg Garden Bar-Choice of Fruit</p>	<p>25 Hot dog on a bun with sidewinder potatoes Seasoned corn Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg Garden Bar-Choice of Fruit</p>	<p>26 BBQ Chicken Drumsticks w/Brown Rice pilaf Steamed Broccoli Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg Garden Bar-Choice of Fruit</p>	<p>27 Classic Cheeseburger with smile fries BBQ baked beans Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg Garden Bar-Choice of Fruit</p>	<p>28 Mozzarella stuffed breadsticks with chunky marinara Crinkle cut carrots Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg Garden Bar-Choice of Fruit</p>	<p>Salad Blend Bell Pepper Slices Pea Pods Sliced Pears Fresh Grapes Strawberry Applesauce Sausage Pizza Ham and Cheese on Rye</p>
<p>3 Whole Grain Chicken Nuggets, dinner roll and sweet potato fries Lean Mean Green Beans American Sub Sandwich, string cheese, pretzels Garden Bar-Choice of Fruit</p>	<p>4 Honey Corn dog nuggets with baked potato wedges Steamed Broccoli American Sub Sandwich, string cheese, pretzels Garden Bar-Choice of Fruit</p>	<p>5 Chicken and Cheese Quesadilla served with seasoned refried beans Crinkle Cut Carrots American Sub Sandwich, string cheese, pretzels Garden Bar-Choice of Fruit</p>	<p>6 Ham and Cheese Melt slider sandwiches *chicken noodle soup Bashful Baked Beans American Sub Sandwich, string cheese, pretzels Garden Bar-Choice of Fruit</p>	<p>7 Meatballs in Marianara with Penne pasta Whole Grain Breadstick American Sub Sandwich, string cheese, pretzels Garden Bar-Choice of Fruit</p>	<p>Salad Blend Cauliflower Cucumbers Red Delicious Apples Pineapple Chunks Bananas Garlic French Bread Pizza Turkey-Cheddar on hard roll</p>
<p>10 Garlic French Bread Cheese Pizza with marinara dip Seasoned corn Turkey and Cheese sandwich, goldfish and string cheese Garden Bar-Choice of Fruit</p>	<p>11 Popcorn Chicken Bowl <i>*mashed potato, stuffing, gravy mixed veggies</i> Turkey and Cheese sandwich, goldfish and string cheese Garden Bar-Choice of Fruit</p>	<p>12 Classic American Hamburger with sweet potato wedges Turkey and Cheese sandwich, goldfish and string cheese Garden Bar-Choice of Fruit</p>	<p>13 "club sandwich" pinwheel wraps with tator tots Turkey and Cheese sandwich, goldfish and string cheese Garden Bar-Choice of Fruit</p>	<p>14 Bird Dog Sandwich and tri-tators *crispy chicken tenders, cheddar cheese and bacon on a hoagie roll Turkey and Cheese sandwich, goldfish and string cheese Garden Bar-Choice of Fruit</p>	<p>Salad Blend radishes Cucumbers Whole Fresh Apples Mandarin Oranges Kiwi strawberry slushie Meat Lovers Pizza Grilled chicken wrap</p>
<p>17 Doritos Chicken Walking Tacos with sour cream and salsa Mexicali corn "Breakfast fun lunch"-fruit and yogurt parfait, granola bar, cheese its Garden Bar-Choice of Fruit</p>	<p>18 Cheese egg bites, hashbrown and waffle "Breakfast fun lunch"-fruit and yogurt parfait, granola bar, cheese its Garden Bar-Choice of Fruit</p>	<p>19 Turkey and Cheese Croissant Sandwich with smile fries "Breakfast fun lunch"-fruit and yogurt parfait, granola bar, cheese its Garden Bar-Choice of Fruit</p>	<p>20 Chicken Fries and sweet potato straws BBQ baked beans "Breakfast fun lunch"-fruit and yogurt parfait, granola bar, cheese its Garden Bar-Choice of Fruit</p>	<p>21 Pizza Joe Sandwich with wedges Seasoned Peas "Breakfast fun lunch"-fruit and yogurt parfait, granola bar, cheese its Garden Bar-Choice of Fruit</p>	<p>Salad Blend Baby Carrots Celery sticks Applesauce Sliced Peaches Fresh Naval Orange Wedges BBQ Chicken Pizza Ham and cheese sliders</p>

**All 4 entrée options include our prepared veggie, Garden Bar and fruit– a varied selection of cut veggies, salad blend, whole and cupped fruit to round out your child’s meal selections

**All meals include 1 cup choice of chocolate skim milk or unflavored 1% milk

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MIDDLE SCHOOL



Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Choices Garden Bar Pizza Sandwich
Spring Break					
31 Whole grain chicken tenders and tator tots Seasoned peas/carrots Blueberry muffin, raspberry yogurt, whole grain cheese-its Garden Bar-Choice of Fruit	1 Beef Nachos- served with sour cream and salsa-seasoned black beans Blueberry muffin, raspberry yogurt, whole grain cheese-its Garden Bar-Choice of Fruit	2 Cinnamon French toast sticks, hashbrown and Sausage Blueberry muffin, raspberry yogurt, whole grain cheese-its Garden Bar-Choice of Fruit	3 Whole Grain Breaded Chicken patty on Wheat bun Blueberry muffin, raspberry yogurt, whole grain cheese-its Garden Bar-Choice of Fruit	4 Whole Grain Cheese Pizza calzone Mixed Veggies Blueberry muffin, raspberry yogurt, whole grain cheese-its Garden Bar-Choice of Fruit	Salad Blend Broccoli Florets Cherry Tomatoes Mixed Fruit Fresh Apple slices Easy Peeling Cuties Cheeseburger Pizza Ham, turkey, cheese on pretzel roll
7 Buffalo Chicken Wings with veggies and blue cheese Seasoned peas Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg Garden Bar-Choice of Fruit	8 Hot dog on a bun with sidewinder potatoes Seasoned corn Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg Garden Bar-Choice of Fruit	9 BBQ Chicken Drumsticks w/Brown Rice Steamed Broccoli Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg Garden Bar-Choice of Fruit	10 Classic Cheeseburger with smile fries BBQ baked beans Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg Garden Bar-Choice of Fruit	11 Mozzarella stuffed breadsticks with chunky marinara Crinkle cut carrots Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg Garden Bar-Choice of Fruit	Salad Blend Bell Pepper Slices Pea Pods Sliced Pears Fresh Grapes Strawberry Applesauce Sausage Pizza Ham and Cheese on Rye
14 Whole Grain Chicken Nuggets, dinner roll and sweet potato fries Lean Mean Green Beans American Sub Sandwich, string cheese, pretzels Garden Bar-Choice of Fruit	15 Honey Corn dog nuggets with baked potato wedges Steamed Broccoli American Sub Sandwich, string cheese, pretzels Garden Bar-Choice of Fruit	16 Chicken and Cheese Quesadilla served with seasoned refried beans Crinkle Cut Carrots American Sub Sandwich, string cheese, pretzels Garden Bar-Choice of Fruit	17 Ham and Cheese Melt slider sandwiches *chicken noodle soup Bashful Baked Beans American Sub Sandwich, string cheese, pretzels Garden Bar-Choice of Fruit	<p style="text-align: center;">closed</p>	Salad Blend Cauliflower Cucumbers Red Delicious Apples Pineapple Chunks Bananas Garlic French Bread Pizza Turkey-Cheddar on hard roll

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