## North Tonawanda Middle School Lunch

## MONDAY

## HUMSDAY

## W어NDFSDAY

## 27

Lumberjack Bowl Beef Nacho Salad w/ Chips

Baby Carrots, Green Peppers Assorted Fruit
$4_{\text {BBQ Pulled Pork }}$ Sandwich Egg Chef Salad w/ Roll

Corn, Red Pepper
Strips Assorted Fruit

11
1 Broccoli and Cheese Baked Potato
Egg Chef Salad w/ Roll

Side Salad, Broccoli Assorted Fruit

## 18

Taco in a Bag Egg Chef Salad w/ Roll

Tater Tots, Broccoli Assorted Fruit

## 25



5 Buffalo Chicken Flatbread
Beef Nacho Salad w/ Chips

Celery and Carrot Sticks
Assorted Fruit
12
Cheese Pizza Sticks
Beef Nacho Salad w/ Chips

Celery and Carrot Sticks
Assorted Fruit
19
Buffalo Chicken Flatbread
Beef Nacho Salad w/ Chips

Baby Carrots, Green Peppers Assorted Fruit

28 | Bacon |
| :--- |
| Cheeseburger |
| Chicken Chef Salad |
| w/ Roll |
| French Fries, Green |
| Pepper Strips |
| Assorted Fruit |

Beef Nachos
Chicken Chef Salad w/ Roll

Mexi Rice, Broccoli Assorted Fruit

## 13

Cheeseburger
Chicken Chef Salad w/ Roll

Veggie Beans, Grape Tomatoes Assorted Fruit

## 20

Turkey and Gravy over Mashed Potatoes
Chicken Chef Salad w/ Roll

BBQ Beans, Corn Assorted Fruit
27


## 14

Chicken and Cheese Quesadilla Fruit and Yogurt w/ Goldfish

Side Salad, Green
Pepper Strips
Assorted Fruit

## 21

Meatball Sub
Fruit and Yogurt w/ Goldfish

Side Salad, Red
Pepper Strips
Assorted Fruit

THETURSDAY

## PRTDAY

| $29$ | 1 <br> Buffalo Chicken |
| :---: | :---: |
| Taco in a Bag <br> Fruit and Yogurt w/ | Buffalo Chicken Pizza |
| Goldfish | Popcorn Chicken Salad w/ Roll |
| BBQ Beans, Grape Tomatoes Assorted Fruit | Side Salad, Broccoli Assorted Fruit |
| 7 Cheese Pizza Sticks <br> Fruit and Yogurt w/ Goldfish | 8 French Toast Sticks w/ Sausage Popcorn Chicken Salad w/ Roll |
| BBQ Beans, Grape Tomatoes Assorted Fruit | Hashbrown, Broccoli Assorted Fruit |

## 15

Buffalo Chicken

## Pizza

Popcorn Chicken Salad w/ Roll

French Fries, Broccoli
Assorted Fruit
Toast Sticks w/ Sausage
Popcorn Chicken Salad w/ Roll

Hashbrown, Broccoli Assorted Fruit

## 28



## 29

Special
News...

## Daily <br> Choices:

Monday,
Wednesday and Friday
Cheese or
Pepperoni
Pizza
Tuesday
Plain or Spicy
Chicken Patty

## Thursday

Hamburger or
Cheeseburger
LUNCHES
ARE FREE FOR ALL STUDENTS

