



FEBRUARY | 2019

Wheelersburg Middle Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	31	1 Pizza Bread Corn Apple Sauce Juice Low Fat Milk
4 Cheese Burgers Fries Apples Low Fat Milk	5 Italian Dunkers Green Beans Apples Juice Low Fat Milk	6 Taco Salad Black Beans Apples Juice Low Fat Milk	7 Vegetable Soup Grilled Cheese Sandwich Bananas Low Fat Milk	8 Tony's pizza Green Beans Apples Low Fat Milk
11 Chicken Sandwich Green Beans Fruit Juice Low Fat Milk	12 Queso Boat Steamed Broccoli Bananas Low Fat Milk	13 Beefy Cheese Nachos Bake Beans Pears Low Fat Milk	14 Chili PB & Jelly Sandwich Low Fat Milk	15 Pizza Bread Corn Apple Sauce Juice Low Fat Milk
18 No School	19 No School	20 Chicken Taco Bake Beans Banana Juice Low Fat Milk	21 Chicken Noodle soup Grilled Cheese Banana Low Fat Milk	22 Big Daddy's Pizza Green Beans Fruit Low Fat Milk
25 Bacon Cheeseburgers Tater Tots Bananas Low Fat Milk	26 Footers Sauce Fries Bananas Low Fat Milk	27 Taco in Bag Refried Beans Fruit Juice Low Fat Milk	28 Chicken Waffles Corn Fruit Juice Low Fat Milk	1

News

Students are offered a serving of meat/meat alternate, grains, fruits, vegetables, and fat free white or flavored milk. Students are required to take a least one fruit or vegetable at lunch. Meals are controlled for calories, sodium, total fat, saturated fat, and no trans-fats by three age categories of K-5, 6-8, and 9-12. Meal choices will differ between age groups.
Student Lunch-\$2.85
Reduced-\$.40

OFFERING EVERYDAY
Broccoli Cup's with Ranch cup
Carrot Cup
With Ranch Cup's
And Soup everyday

Sub Trays
Yogurt Trays
PBJ Trays
Chef Salad

Offered Daily as Other Choices for Students