

SOUTHSIDE MIDDLE SCHOOL

Lunch Menu - This menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
  			1st	2nd
			WG Breaded Chicken Patty on WG Bun Vegetable of the Day - Corn <i>- Offered Daily -</i> Hummus & Flatbread Meals Sunbutter and Flatbread Meal Ham & Cheese or Turkey & Cheese Tuna Salad, or Egg Salad Fresh Fruit Fat Free Chocolate, 1% White milk	Cheese Pizza on WG Crust Vegetable of the Day - Green Beans <i>- Offered Daily -</i> Hummus & Flatbread Meals Sunbutter and Flatbread Meal Ham & Cheese or Turkey & Cheese Tuna Salad, or Egg Salad Fresh Fruit Fat Free Chocolate, 1% White milk
5th	6th	7th	8th	9th
Cheese Burger or Hamburger on WG Bun Vegetable of the Day-Steamed Broccoli <i>- Offered Daily -</i> Hummus & Flatbread Meals Sunbutter and Flatbread Meal Ham & Cheese or Turkey & Cheese Tuna Salad, or Egg Salad Fresh Fruit Fat Free Chocolate, 1% White milk	Beef Nachos Vegetable of the Day - Corn <i>- Offered Daily -</i> Hummus & Flatbread Meals Sunbutter and Flatbread Meal Ham & Cheese or Turkey & Cheese Tuna Salad, or Egg Salad Fresh Fruit Fat Free Chocolate, 1% White milk	WG Chicken Nuggets w/WG Dinner Roll Vegetable of the Day-Cucumber Slices <i>- Offered Daily -</i> Hummus & Flatbread Meals Sunbutter and Flatbread Meal Ham & Cheese or Turkey & Cheese Tuna Salad, or Egg Salad Fresh Fruit Fat Free Chocolate, 1% White milk	Beef Hotdog on WG Bun Vegetable of the Day - Veggie Beans <i>- Offered Daily -</i> Hummus & Flatbread Meals Sunbutter and Flatbread Meal Ham & Cheese or Turkey & Cheese Tuna Salad, or Egg Salad Fresh Fruit Fat Free Chocolate, 1% White milk	
12th	13th	14th	15th	16th
	Fajita Chicken & Cheese on WG Wrap Vegetable of the Day-Steamed Broccoli <i>- Offered Daily -</i> Hummus & Flatbread Meals Sunbutter and Flatbread Meal Ham & Cheese or Turkey & Cheese Tuna Salad, or Egg Salad Fresh Fruit Fat Free Chocolate, 1% White milk	WG Breaded Popcorn Chicken w/WG Dinner Roll Vegetable of the Day - Green Beans <i>- Offered Daily -</i> Hummus & Flatbread Meals Sunbutter and Flatbread Meal Ham & Cheese or Turkey & Cheese Tuna Salad, or Egg Salad Fresh Fruit Fat Free Chocolate, 1% White milk	Cheese Burger or Hamburger on WG Bun Vegetable of the Day - Corn <i>- Offered Daily -</i> Hummus & Flatbread Meals Sunbutter and Flatbread Meal Ham & Cheese or Turkey & Cheese Tuna Salad, or Egg Salad Fresh Fruit Fat Free Chocolate, 1% White milk	Cheese Pizza on WG Crust Vegetable of the Day - Chic Pea Salad <i>- Offered Daily -</i> Hummus & Flatbread Meals Sunbutter and Flatbread Meal Ham & Cheese or Turkey & Cheese Tuna Salad, or Egg Salad Fresh Fruit Fat Free Chocolate, 1% White milk
19th	20th	21st	22nd	23rd
Cheese Burger or Hamburger on WG Bun Vegetable of the Day - Corn <i>- Offered Daily -</i> Hummus & Flatbread Meals Sunbutter and Flatbread Meal Ham & Cheese or Turkey & Cheese Tuna Salad, or Egg Salad Fresh Fruit Fat Free Chocolate, 1% White milk	WG Breaded Mozzarella Sticks w/Marinara Sauce Vegetable of the Day-Steamed Broccoli <i>- Offered Daily -</i> Hummus & Flatbread Meals Sunbutter and Flatbread Meal Ham & Cheese or Turkey & Cheese Tuna Salad, or Egg Salad Fresh Fruit Fat Free Chocolate, 1% White milk	WG Breaded Chicken Patty on WG Bun Vegetable of the Day-Cucumber Slices <i>- Offered Daily -</i> Hummus & Flatbread Meals Sunbutter and Flatbread Meal Ham & Cheese or Turkey & Cheese Tuna Salad, or Egg Salad Fresh Fruit Fat Free Chocolate, 1% White milk	WG Chicken Nuggets w/WG Dinner Roll Vegetable of the Day - Steamed Carrots <i>- Offered Daily -</i> Hummus & Flatbread Meals Sunbutter and Flatbread Meal Ham & Cheese or Turkey & Cheese Tuna Salad, or Egg Salad Fresh Fruit Fat Free Chocolate, 1% White milk	Cheese Pizza on WG Crust Vegetable of the Day-Black Beans <i>- Offered Daily -</i> Hummus & Flatbread Meals Sunbutter and Flatbread Meal Ham & Cheese or Turkey & Cheese Tuna Salad, or Egg Salad Fresh Fruit Fat Free Chocolate, 1% White milk
26th	27th	28th	29th	30th
Fajita Chicken & Cheese on WG Wrap Vegetable of the Day-Black Beans <i>- Offered Daily -</i> Hummus & Flatbread Meals Sunbutter and Flatbread Meal Ham & Cheese or Turkey & Cheese Tuna Salad, or Egg Salad Fresh Fruit Fat Free Chocolate, 1% White milk	Cheese Burger or Hamburger on WG Bun Vegetable of the Day - Steamed Carrots <i>- Offered Daily -</i> Hummus & Flatbread Meals Sunbutter and Flatbread Meal Ham & Cheese or Turkey & Cheese Tuna Salad, or Egg Salad Fresh Fruit Fat Free Chocolate, 1% White milk	WG Chicken Nuggets w/WG Dinner Roll Vegetable of the Day-Steamed Broccoli <i>- Offered Daily -</i> Hummus & Flatbread Meals Sunbutter and Flatbread Meal Ham & Cheese or Turkey & Cheese Tuna Salad, or Egg Salad Fresh Fruit Fat Free Chocolate, 1% White milk	Hearty Beef Pasta Bake w/ WG Dinner Roll Vegetable of the Day - Corn <i>- Offered Daily -</i> Hummus & Flatbread Meals Sunbutter and Flatbread Meal Ham & Cheese or Turkey & Cheese Tuna Salad, or Egg Salad Fresh Fruit Fat Free Chocolate, 1% White milk	Cheese Pizza on WG Crust Vegetable of the Day - Green Beans <i>- Offered Daily -</i> Hummus & Flatbread Meals Sunbutter and Flatbread Meal Ham & Cheese or Turkey & Cheese Tuna Salad, or Egg Salad Fresh Fruit Fat Free Chocolate, 1% White milk