



# Manila Middle School Lunch Menu

September 2018

<b>3</b> No School	<b>4</b> Chicken Enchiladas Pizza burger Diced chicken salad Grape tomatoes Mexican corn Tossed salad Assorted Fruit	<b>5</b> Chicken Alfredo Hot Dog Chicken patty sandwich Chicken Cesar salad Roasted eggplant Celery sticks Tossed salad Assorted fruits	<b>6</b> General Tso chicken Yellow rice Bacon cheese burger Chicken flatbread Kickin pinto beans Baby carrots Tossed salad Assorted fruits	<b>7</b> Pepperoni pizza Chicken patty sandwich Chicken parm flatbread Fruit and cheese salad Steamed broccoli Cucumber slices Tossed salad Assorted fruit
<b>10</b> Salisbury steak and noodles BBQ chicken sandwich Chicken pinwheel Beef nacho salad Corn Broccoli Tossed salad Assorted fruit	<b>11</b> Sweet and sour chicken Mozzarella sticks Turkey sandwich Tossed salads Green beans Red pepper strips Tossed salad Assorted fruit	<b>12</b> Chicken nuggets with mac and cheese Ham and cheese sub Chicken ranch salad Maple mashed sweet potatoes Zucchini squash Tossed salad Assorted fruit	<b>13</b> Chicken Crisпитos Cheeseburger Honey mustard chicken wrap Winter fruit and cheese salad Baked beans Celery sticks	<b>14</b> Cheese pizza Chicken spaghetti Egg salad sandwich Popcorn chicken salad Cucumber and tomato salad Green peas Tossed salad Assorted fruit
<b>17</b> Chicken drumstick Corn muffin Sort taco Ham sandwich Egg chef salad Mashed potato Broccoli Tossed salad Assorted fruit	<b>18</b> Chicken patty parm Turkey cheese melt Asian chicken wrap Popcorn chicken ranch salad Green beans Red pepper strips Assorted fruit	<b>19</b> Chili potato Popcorn chicken Diced chicken salad Taco salad Orange glazed carrots Zucchini Tossed salad Assorted fruit	<b>20</b> General Tso's popcorn chicken Eggroll Cheeseburger Turkey and cheese sandwich Baked beans Celery sticks Tossed salad Assorted fruit	<b>21</b> Pepperoni pizza Spick chicken sandwich Ham and cheese wrap Fruit and cheese salad Steamed spinach Baby carrots Tossed salad Assorted fruit
<b>24</b> Chili cogs Hamburgers Chicken Cesar wrap Nacho bean salad Green beans Fresh tomatoes Tossed salad Assorted fruit	<b>25</b> Popcorn chicken bowl Chicken patty sandwich BBQ chicken sandwich Fruit and cheese salad Mexican corn Grape tomatoes Tossed salad Assorted fruits	<b>26</b> Nacho tater bites BBQ rib sandwich Chicken ranch club Egg salad salad Acorn squash Celery sticks Tossed salad Assorted fruit	<b>27</b> Popcorn chicken Cheeseburger Ham and cheese sandwich Turkey chef salad Kickin pinto beans Baby carrots Tossed salad	<b>28</b> Cheese pizza Tuna salad sandwich Chicken cheese salad Steamed broccoli Cucumber slices Tossed salad Assorted fruits
<b>1</b> Salisbury steak Chicken quesadilla 3 cheese sub Tuna salad salad Corn Broccoli Tossed salad Assorted fruits	<b>2</b> Nachos Hamburger Santa fe wrap Buffalo ranch chicken salad Green beans Sliced red pepper strips Tossed salad Assorted fruit	<b>3</b> Oriental popcorn chicken Chicken patty sandwich Ham and cheese sub Turkey and cheese salad Sweet potato	<b>4</b> Chili mac Hot dog Chicken patty with cheese Ranch chicken salad Baked beans Celery stick Tossed salad Assorted fruit	<b>5</b> Pepperoni pizza Turkey and cheese sandwich Baja chicken salad Sweet peas Cucumber and tomato salad Tossed salad Assorted fruit

### Fun Fact...

Minerals help make healthy skin, strong bones and teeth. Vitamins help your body stay healthy and fight disease, they are found in fruits and vegetables.

### Beverage options include:

Milk, Juice, Or Water