Tri West Middle School Lunch Menu
May 2019

SPAGHETTI CARBONARA WITH BREADSTICK, HAM & TURKEY CHEF SALAD WITH ROLL
ROAST CARROTS, CUCUMBER, APPLE SLICES, PEARS

CHILI CHEESE CRISPITOS WITH RICE, EGG CHEF SALAD WITH ROLL
BAKED BEANS, CELERY STICKS, FRESH FRUIT, APPLESAUCE

MOZZARELLA CHEESE STICKS WITH MARINARA, CRISPY CHICKEN SALAD WITH ROLL
GREEN BEANS, ROMAINE SALAD, FRUIT CUP

BREADED DRUMSTICK WITH ROLL, HAM PIZZA SALAD WITH ROLL
SWEET CORN, FRESH BROCCOLI, ORANGE WEDGES, MIXED FRUIT

CHICKEN PARMESAN WITH PENNE PASTA, CHICKEN CAESAR SALAD WITH ROLL
GREEN BEANS, RED PEPPERS, BANANA, PEACHES

GYRO PIZZA, HAM & TURKEY CHEF SALAD WITH ROLL
STEAMED BROCCOLI, CUCUMBER, APPLE SLICES, PEARS

BBQ SANDWICH, EGG CHEF SALAD WITH ROLL
BAKED BEANS, BABY CARROTS, FRESH FRUIT, APPLESAUCE

FISH STICKS WITH MAC & CHEESE, HAM PIZZA SALAD WITH ROLL
GREEN BEANS, CHERRY TOMATOES, ORANGE WEDGES, MIXED FRUIT

CHICKEN COUNTRY BOWL WITH ROLL, CHICKEN CAESAR SALAD WITH ROLL
SWEET CORN, FRESH BROCCOLI, BANANA, PEACHES

FULLY LOADED PIZZA
HAM & TURKEY CHEF SALAD WITH ROLL
SWEET POTATO TOTS, CELERY STICKS, APPLE SLICES, PEARS

PHILLY CHEESESTEAK, EGG CHEF SALAD WITH ROLL
KICKIN PINTO BEANS, BABY CARROTS, FRESH FRUIT, APPLESAUCE

SOFT PRETZEL WITH CHEESE, CRISPY CHICKEN SALAD WITH ROLL
STEAMED BROCCOLI, RED PEPPERS, FRUIT CUP

GRILLED CHEESE WITH TOMATO SOUP, HAM PIZZA SALAD WITH ROLL
SWEET PEAS, BABY CARROTS, ORANGE WEDGES, MIXED FRUIT

PIZZA: Cheese or Pepperoni
GRILL: Cheeseburger, Chicken Patty, Spicy Chicken, Tenders
TORTILLA: Nachos or Tacos
DELI: Flatbread Pizza Pack, Turkey or Ham Subs, PBJ

100% Fruit Juices & Fresh Fruit
1% or Fat Free Flavored Milk

Look for new Fuel promotions coming soon!