

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Nutritional Info

		<p>Check out our NEW menu items this month!</p>		<p>No School Institute Day</p>	<p>Daily New Item @ Middleton & McCracken: Fresh Grab n' Go Salads</p>
<p>BBQ Chicken w. Brown Rice Or Black Bean Veggie Burger Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Baked Fish Sandwich Or Macaroni & Cheese Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Brunch for Lunch Waffles Turkey Sausage Or Breakfast Sandwich Crispy Tator Tots Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Chicken Tenders w. Brown Rice Or Baked Mostaccioli Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Personal Round Cheese Pizza Or Personal Pepperoni Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Calories: 646 Protein (g): 19 Carbs (g): 41 Total Fat (g): 8</p>
<p>Lo Mein Noodle Bowl w. Popcorn Chicken Or Tofu & Veggies Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint National "Eat your Noodles" Day!</p>	<p>Pasta w. Meat Sauce Or Cheese Filled Bosco Breadsticks w. Marinara Sauce Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Sloppy Joe Or Vegetarian Lasagna Baked Curly Fries! Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>All Beef Hot Dog Or Veggie Bowl w. Rice & Beans Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Chicken Nuggets w. Brown Rice Or Grilled Cheese Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Calories: 645 Protein (g): 21 Carbs (g): 40 Total Fat (g): 8</p>
<p>Baked Chicken Sandwich Or Three Cheese Calzone Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>MmmBurger w. Cheese Or Whole Grain Ravioli Crispy Curly Fries Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Meatball Sub Or Vegetarian Chili Bowl Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p><i>Crunchy Hard-Shell Beef Tacos</i> <i>Or Crunchy Vegetarian Nachos w. Rice & Beans</i> Just Picked Fresh Fruit Ice Cold Milk Pint National Crunchy Taco Day!</p>	<p>DoughBros' Cheese Or Pepperoni, Or Specialty Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>Calories: 642 Protein (g): 20 Carbs (g): 41 Total Fat (g) 9</p>
<p>No School Spring Break</p> 	<p>No School Spring Break</p>	<p>No School Spring Break</p>	<p>No School Spring Break</p>	<p>No School Spring Break</p>	<p>Questions about Gluten Free? Contact our Food Service Manager- Tommy Berkson Email: tberkson@organiclifeusa.com</p>



Broccoli:



~Broccoli helps boosts immunity

~The Vitamin C and K in broccoli help maintain healthy bones, regulates blood pressure, fights heart disease, diabetes, and much, much more!

Broccoli can be incorporated into your diet in so many ways!

Try it FRESH, Steamed, Roasted, Sautéed, in a Dish or a Salad!