

PS7 Middle School August 2017 Lunch Menu

Favorite Comfort Foods & International Flavors Served

16

30

Cheesy Nachos

Pizza Day!

Pepperoni

Combo

Crunchy Fish Sticks

w/ Cilantro Lemon Rice

chartwells! (

eat. learn. live.

Crust & Stuff

Classic Cheese pizza, Veggie and Pepperoni pizza are just a few of our selections All pizza made w/ reduced fat cheese & whole grain crust. Includes salad bar.

Specials

- Cheese
- Pepperoni
- **Buffalo Chicken**
- Combo
- **BBQ** Chicken



Includes daily potato choice and salad bar.

Specials

Classic Cheeseburger Monday: Tuesday: Crispy Chicken Patty Wednesday: BBQ Rib Sandwich Crispy Fish Sandwich Thursday: Italian Meatball Sub Friday:



Fresh Food Fast- Packaged for Grab N' Go (Salads served with a dinner roll)

Specials

Monday: Chicken Caesar Salad Tuesday: Hearty Spinach Salad Wednesday: Chicken Caesar Salad Thursday: Ham & Turkey Chef Salad Friday: Hearty Spinach Salad

Questions, Concerns or Feedback, Please call: **Director of Dining Services**

> **Nick Dramis** 916.649.7844

Student Prices

\$1.50 Paid \$2.65 Paid \$0.30 Reduced* \$0.40 Reduced* Adult/Staff \$2.00 Adult/Staff \$3.99

14

21

28

BREAKFAST

Student Prices

Teriyaki Beef

w/ Brown Veggie Rice

House-made

Creamy Macaroni

and Cheese

Pesto Chicken

W/ Penne Pasta

WELCOME BACK!!

LUNCH

Mom's Meatloaf

Mashed Potatoes

W/ Gravy

BBQ Chicken

Homestyle Mashed

Potatoes

Teriyaki Glazed Chicken

w/ Stir Fry Veggies

Meatballs in Zesty Marinara w/ Garlic Mashed Potatoes

15

22

29

Creamy Macaroni and Cheese

House-made

Bean & Cheese Burrito Cilantro Lemon Rice

17

10

Buffalo Popcorn Chicken Pizza Day! W/Green Side salad

Pepperoni BBQ Chicken

18

25

23 24 Mom's Meatloaf Spaghetti

> Seasoned Peas & W/ Italian Meat sauce Carrots & Garlic Toast

31

Chicken Fajita

Mexican Style Beans

Choose MyPlate.

Daily Salad Bar

Today's Feature

Carrots.Beans.Cucumber

Tomato and Cucumber Salad

Salad & Beans Pasta Salad

Carrots & Celery

USDA and this institution are equal opportunity providers.

*You may qualify for free or reduced price meals. Applications are available at all schools and the district office. Low-fat milk is served with every breakfast and lunch. Some menu items may change due to availability of products.

EXCURAL

with Condiments

Monday

Tuesday Broccoli, Celery, Fruit Wednesday

Thursday

Spinach

Friday

Daily Sandwiches Turkey & Cheese

Salami & Cheese

Cold Sandwiches &

Wraps Made Fresh

August 2017

Wraps Selections Rotate

BBQ Chicken Wrap Buffalo Chicken Wrap Chicken Caesar Wrap

Turkey Wrap

