



Middle School Lunch

December 2010



The Grille

Daily Grab and Go...

Assorted Burgers
beef with/out cheese

Breaded Chicken ^{WG}
sandwiches & bites

MONDAY SPECIAL

Corn Dog on a Stick

TUESDAY SPECIAL

BBQ Ribette ^{WG}

WEDNESDAY SPECIAL

Bacon Cheeseburger ^{WG}

THURSDAY SPECIAL

Hot and Spicy Chicken ^{WG}

FRIDAY SPECIAL

Grilled Wisconsin Cheese ^{V WG}

Fruit of the Month

Grapefruit
Look for it at the Bar

Vegetables of the Month

Cauliflower
Look for it at the Bar
Cook it
Dip it
Eat it raw
Fuel up. Eat Lunch
Visit fuel4me.com

1 **Chicken Quesadilla**

Featured Sides
Spanish Rice
Kickin' Refried Beans
Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

2 **Meatballs w/ Gravy**
Served w/ Dinner Roll

Featured Sides
Whole Kernel Yellow Sweet Corn
Mashed Potatoes
Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

3 **Chili Macaroni**
served w/ garlic bread ^{WG}

Featured Sides
Garlic & Herb Green Beans
Cheesy Cauliflower
Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

The Pizzeria

each built w/ ^{WG} dough

Daily Grab and Go...

Pizzeria Slices
Pepperoni Sausage Cheese

MONDAY SPECIAL

Hawaiian Pizza

TUESDAY SPECIAL

Taco Pizza

WEDNESDAY SPECIAL

BBQ Chicken Stromboli

THURSDAY SPECIAL

Pepperoni Stromboli

FRIDAY SPECIAL

Cheeseburger Pizza

6 **Sweet and Sour Chicken** ^T

Featured Sides
Lemon Pepper Broccoli Cuts
Steamed Rice
Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

7 **Chicken & Broccoli Stromboli** ^{WG}

Featured Sides
Sweet Green Peas
Savory Carrots
Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

8

Early Dismissal
No lunch Served

9 **Oven Fried Chicken**

Featured Sides
Whole Kernel Yellow Sweet Corn
Mashed Potatoes
Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

10 **Double Chicken Noodle Soup**
w/toasted cheese ^{WG}

Featured Sides
Garlic & Herb Green Beans
Mashed Sweet Potatoes
Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

Deli & Greens

MADE 2 ORDER
start with a grain
breads, rolls, bagels...

+ get some protein
Ham and Turkey

+ find some cheese
American, Swiss, Cheddar...

+ customize it
vegetables, spreads...

Monday Grab and Go...
Veggie and Cheese Wrap
Chef Salad ^T

Tuesday Grab and Go...
Ham and Swiss Bagel
Chef Salad ^T

Wednesday Grab and Go...
Turkey Club Sandwich
Chef Salad ^T

Thursday Grab and Go...
Buffalo Chicken Wrap
Chef Salad ^T

Friday Grab and Go...
Ham and Swiss Bagel
Chef Salad ^T

START HERE
CHOOSE ENTREE

+ Add some sides
in addition to the featured side items, fresh vegetable sticks, side salads and a daily dessert is available

+ Grab a Milk
low fat and skim available daily

Tortilla

MADE 2 ORDER
decide what u want
nachos or taco

+ get some protein
beef or bean

+ make it pretty
salsas, lettuce, tomato, cheeses

Monday Grab and Go
Chicken Burrito ^{WG}

Tuesday Grab and Go
Beef & Bean Burrito ^{WG}

Wednesday Grab and Go
Beef Burrito ^{WG}

Thursday Grab and Go
Chicken Soft Shell ^{WG}

Friday Grab and Go
2 Hard Shells ^{WG}

Fuel

Dip! Dunk! Devour!
(Food + Dip) X High Speed Impact=Awesome!

Locally Grown
Local ingredients are used when in season

T **TYR Features:**
Lower Total Fat
Lower Sodium

WG Made with heart healthy whole grains

V **Ovo-Lacto:**
May contain egg and milk products





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December 2010



The Grille

Daily Grab and Go...

Assorted Burgers

beef and veggie **V** with/without cheese

Breaded Chicken **WG**

sandwiches & bites

MONDAY SPECIAL

Corn Dog on a Stick

TUESDAY SPECIAL

BBQ Ribette

WEDNESDAY SPECIAL

Bacon Cheeseburger

THURSDAY SPECIAL

Hot and Spicy Chicken

FRIDAY SPECIAL

Grilled Wisconsin Cheese **VWG**

13

Sloppy Joe

Featured Sides **WG**

Lemon-Pepper Broccoli Cuts

Oven-Baked French Fries

Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

14

Oven Baked Chicken **WG**

Featured Sides **WG**

Sweet Green Peas

Mashed Potatoes

Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

15

Pizzeria Meatloaf

Featured Sides

Green Beans

Parslied Egg Noodles

Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

16

Inside-Out Manicotti w/garlic bread **WG**

Featured Sides **WG**

Whole Kernel Yellow Sweet Corn

Cheesy Cauliflower

Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

17

Beef Enchiladas **WG**

Featured Sides **WG**

Garlic & Herb Green Beans

Parslied Egg Noodles

Zucchini Coins
Baby Carrots
Fresh Pear
Mixed Fruit
Tossed Romaine Salad

20

Grilled Bratwurst

Featured Sides

Sauerkraut

Oven-Baked Beans

Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

21

Turkey w/ Gravy w/ dressing **WG**

Featured Sides

Mashed Potatoes

Savory Carrots

Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

22

Meatballs w/ Gravy **WG** Served w/ Dinner

Featured Sides

Medley of Capri Vegetables

Savory Carrots

Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

23

Early Dismissal
N Lunch Served

24

No School

The Pizzeria

each built w/ **WG** dough

Daily Grab and Go...

Pizzeria Slices

Pepperoni Cheese **V**

MONDAY SPECIAL

Hawaiian Pizza

TUESDAY SPECIAL

Taco Pizza

WEDNESDAY SPECIAL

BBQ Chicken Stromboli

THURSDAY SPECIAL

Bacon Cheeseburger Pizza

FRIDAY SPECIAL

Pepperoni Stromboli

Deli & Greens

MADE 2 ORDER
start with a grain
breads, rolls, bagels...

+ get some protein
meats, turkey, salads...

+ find some cheese
American, Swiss, Cheddar...

+ customize it
vegetables, spreads...

Monday Grab and Go...

Veggie and Cheese Wrap
Chef Salad **T**

Tuesday Grab and Go...

Chicken Salad Bagel
Chef Salad **T**

Wednesday Grab and Go...

Turkey Club Sandwich
Chef Salad **T**

Thursday Grab and Go...

Buffalo Chicken Wrap **WG**
Chef Salad **T**

Friday Grab and Go...

Ham and Swiss Bagel
Chef Salad **T**

START HERE
CHOOSE ENTREE

+ Add some sides

in addition to the featured side items, fresh vegetable sticks, side salads and a daily dessert is available

+ Grab a Milk

low fat and skim available daily

Tortilla

Monday Grab and Go
Chicken Burrito **WG**

Tuesday Grab and Go

Beef & Bean Burrito **WG**

Wednesday Grab and Go

Beef Burrito **WG**

Thursday Grab and Go

Chicken Soft Shell **WG**

Friday Grab and Go

2 Hard Shells **WG**

MADE 2 ORDER
decide what u want
nachos or taco

+ get some protein
beef or beans

+ make it pretty
salsas, lettuce, tomato,
cheeses, peppers...



Local ingredients are used when in season



TYR Features:
Lower Total Fat
Lower Sodium



Made with heart healthy whole grains



Ovo-Lacto:
May contain egg and milk products



Dip! Dunk! Devour!

(Food + Dip) X High Speed Impact=Awesome!



Middle School Lunch

January 2011



The Grille

Daily Grab and Go...

Assorted Burgers

beef and veggie **V** with/without cheese

Breaded Chicken **WG**

sandwiches & bites

MONDAY SPECIAL

Corn Dog on a Stick

TUESDAY SPECIAL

BBQ Ribette

WEDNESDAY SPECIAL **WG**

Bacon Cheeseburger

THURSDAY SPECIAL **WG**

Hot and Spicy Chicken **WG**

FRIDAY SPECIAL

Grilled Wisconsin Cheese **WG V**

3 **Chicken Tetrazzini Penne**
served w/breadstick **WG**

Featured Sides

Lemon-Pepper
Broccoli Cuts
Orange Glazed
Carrots

Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

4 **Pizzeria Meatloaf**

Featured Sides

Sweet Green
Peas
Mashed
Potatoes

Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

5 **Cheese Quesadilla **V WG****

Featured Sides

Spanish
Rice

Kickin'
Refried Beans

Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

6 **Spaghetti with Meat Sauce**
w/garlic bread **WG**

Featured Sides

Whole Kernel Yellow
Sweet Corn

Mashed
Potatoes

Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

7 **Double Chicken Noodle Soup**
w/toasted cheese **WG**

Featured Sides

Garlic & Herb
Green Beans

Parsley
Egg Noodles

Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

10 **Chicken Quesadilla **WG****

Featured Sides

Spanish
Rice

Kickin'
Refried Beans

Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

11 **Oven Fried Chicken **WG****

Featured Sides

Green Sweet
Peas

Mashed
Potatoes

Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

12 **Lasagna W/ Meat sauce **WG****

Featured Sides

Lemon-Pepper
Broccoli Cuts

Orange Glazed
Carrots

Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

13 **Meatballs w/ Gravy**
Served w/ Dinner **WG**

Featured Sides

Whole Kernel Yellow
Sweet Corn

Mashed
Potatoes

Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

14 **Chili Macaroni**
served w/ garlic bread **WG**

Featured Sides

Garlic & Herb
Green Beans

Parsley
Egg Noodles

Fruit and Salad Bar
Seasonal Fresh Fruit
Canned Fruit
Garden Salad
Fresh Vegetables

The Pizzeria

each built w/ **WG** dough

Daily Grab and Go...

Pizzeria Slices

Pepperoni
Cheese **V**

MONDAY SPECIAL

Hawaiian Pizzeria

TUESDAY SPECIAL

Taco Pizza

WEDNESDAY SPECIAL

BBQ Chicken Stromboli

THURSDAY SPECIAL

Bacon Cheeseburger Pizza

FRIDAY SPECIAL

Pepperoni Stromboli

Deli & Greens

MADE 2 ORDER

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breads, rolls, bagels...

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meats, turkey, salads...

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American, Swiss, Cheddar...

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Chef Salad **T**

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Chef Salad **T**

Wednesday Grab and Go...

Turkey Club Sandwich
Chef Salad **T**

Thursday Grab and Go...

Buffalo Chicken Wrap **WG**
Chef Salad **T**

Friday Grab and Go...

Ham and Swiss Bagel
Chef Salad **T**

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2 Hard Shells **WG**



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