

# Struthers Middle School Lunch Menu

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## September

# Wildcats

### What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk  
*\*Students must choose at least one fruit or vegetable*

### Fresh Fruits and Vegetables Offered Daily

**\*Vegetables may include:**  
Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber  
*\*May choose two 1/2 cup servings*

**\*Fruits may include:**  
Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce  
*\*May choose 1/2 cup serving*

**MENUS SUBJECT TO CHANGE**

### Milk Choices Offered Daily

Fat Free Chocolate, Fat Free White and Low Fat White

Paid \$2.50  
Reduced \$.40  
Adult \$3.50

This institution is an equal opportunity provider

Whole Grains Available Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Choice of Fruit Choice of Milk	4 <b>Chicken Quesadilla</b> <b>Green Beans</b> Choice of Fruit Choice of Milk	5 <b>Beef and Cheese Nachos</b> <b>Seasoned Green Peas</b> <b>W/ Cheese &amp; Salsa</b> Choice of Fruit Choice of Milk	6 <b>Juicy Cheeseburger</b> <b>Baked Beans</b> <b>Bonus Bag of Chips</b> Choice of Fruit Choice of Milk	7 <b>Papa Johns Pizza</b> <b>Romaine Salad</b> Choice of Fruit Choice of Milk <b>Fresh Baked Cookie</b>
10	<b>Homemade Pepperoni Rolls</b> <b>Glazed Carrots</b> Choice of Fruit Choice of Milk	11 <b>French Toast W/ Syrup</b> <b>Sausage Links</b> <b>Hash Brown Potatoes</b> Choice of Fruit Choice of Milk	12 <b>Crispy Popcorn Chicken</b> <b>Seasoned Broccoli</b> <b>Fresh Dinner Roll</b> Choice of Fruit Choice of Milk	13 <b>Rotini with Meatballs</b> <b>Green Beans</b> <b>Garlic Bread Stick</b> Choice of Fruit Choice of Milk	14 <b>Cocca's Pizza</b> <b>Roasted Chickpeas or Romaine Salad</b> Choice of Fruit Choice of Milk <b>Fresh Baked Cookie</b>
17	<b>Sloppy Joe on a Bun</b> <b>Onion Rings</b> Choice of Fruit Choice of Milk	18 <b>Mexican Pizza</b> <b>Cheesy Refried Beans</b> Choice of Fruit Choice of Milk	19 <b>Macaroni &amp; Cheese</b> <b>Fresh Carrot or Celery Sticks with Dip</b> Choice of Fruit Choice of Milk	20 <b>Crispy Chicken Sandwich</b> <b>Mashed Potatoes</b> Choice of Fruit Choice of Milk	21 <b>Papa Johns Pizza</b> <b>Romaine Salad</b> Choice of Fruit Choice of Milk <b>Fresh Baked Cookie</b>
24	<b>Walking Taco</b> <b>Seasoned Black Beans</b> <b>W/ Cheese &amp; Salsa</b> Choice of Fruit Choice of Milk	25 <b>Cheeseburger Sliders</b> <b>Seasoned Green Beans</b> Choice of Fruit Choice of Milk	26 <b>Pancakes</b> <b>Hash Brown Potatoes</b> <b>Sausage Links</b> Choice of Fruit Choice of Milk	27 <b>Cheese Filled Pretzel Sticks</b> <b>Sweet Potato Souffle</b> <b>Corn</b> Choice of Fruit Choice of Milk	28 <b>Cocca's Pizza</b> <b>Romaine Salad</b> Choice of Fruit Choice of Milk <b>Fresh Baked Cookie</b>
	<b>Monday Alternate</b> <b>Corndog on a Stick</b>	<b>Tuesday Alternate</b> <b>Bosco Cheese Sticks</b>	<b>Wednesday Alternate</b> <b>Cheeseburger Slider</b>	<b>Thursday Alternate</b> <b>Assorted Salad</b>	<b>Friday Alternate</b> <b>Assorted Wraps</b>