

# Struthers Middle School Lunch Menu

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**AUG— SEPT**

# 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
26	4 Cheese Pizza Green Beans Choice of Fruit Choice of Milk	27 Mini Pancakes Sausage Links Tri Potato Choice of Fruit Choice of Milk	28 Corn Dog Baked Beans Choice of Fruit Choice of Milk Chips	29 NO SCHOOLS	30 NO SCHOOLS
2	NO SCHOOLS	3 Mexican Pizza Butter Corn Choice of Fruit Choice of Milk Granola Bar	4 Juicy Hamburger BBQ Baked Beans Choice of Fruit Choice of Milk	5 Crispy Chicken Sandwich French Fries Choice of Fruit Choice of Milk	6 Papa Johns Romaine Salad Choice of Fruit Choice of Milk Cookie
9	BBQ Rib Sandwich Sweet Potato Souffle Choice of Fruit Choice of Milk Fruit Snack	10 Cocca's Pepperoni Rolls Dipping Sauce Seasoned Green Beans Choice of Fruit Choice of MILK	11 Walking Taco Cheese,,Lettuce ,Salsa Peas Choice of Fruit Choice of Milk	12 Mini Corn Dogs Baked Beans Choice of Fruit Choice of Milk Chips	13 Cocca's Pizza Romaine Salad Choice of Fruit Choice of Milk Cookie
16	Chicken Quesadilla Corn Refried Beans Choice of Fruit Choice of Milk Doritos	17 Cheeseburger Slider Waffle Fries Choice of Fruit Choice of Milk	18 Pasta /Meatballs Carrots & Celery with Dip Choice of Fruit Choice of Milk	19 Bosco Cheese Sticks Dipping Sauce Butter Carrot Coins Choice of Fruit Choice of Milk	20 Papa Johns Romaine Salad Choice of Fruit Choice of Milk Cookie
23	Sloppy Joes Buttered Peas Choice of Fruit Choice of Milk Chex Mix	24 Hot Dog / Topping Sweet Potato Fries Choice of Fruit Choice of Milk	25 Popcorn Chicken Mashed Potato Choice of Fruit Choice of Milk	26 Beef Nacho Cheese ,Salas Refried Beans Peas Choice of Fruit Choice of Milk	27 Cocca's Pizza Romaine Salad Choice of Fruit Choice of Milk Cookie
	Monday Alternate CORNDOG	Tuesday Alternate BOSCO CHEESE STICKS	Wednesday Alternate CHEESEBURGER SLIDER	Thursday Alternate PBJ	Friday Alternate WRAPS