



Hernando County Schools

August 2008 Middle School Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">OFFERED DAILY</p> <p>Assorted 100% Fruit Juice</p> <p>Assorted Low Fat Flavored & Unflavored Milk</p>			<p align="center">LUNCH MEAL PATTERN</p> <p align="center"><i>Grades 6-12</i></p> <p align="center">Choice of:</p> <p align="center">1 Entrée 3 Side dishes 1 Milk (3-5 items)</p>	
<p>18</p> <p><u>Must Choose 1 Entrée:</u></p> <p>Chef Salad *Tuna Salad Pita Chicken Sandwich Meatball Sub</p> <p><u>Choice Of Side Dishes:</u></p> <p>Mixed Green Salad Seasoned Corn Chilled Mixed Fruit</p> <p><u>Choice Of Milk</u></p>	<p>19</p> <p><u>Must Choose 1 Entrée:</u></p> <p>*Tossed Vegetable Salad Ham & Cheese Hoagie Beef Tacos BBQ Chicken Chips w/Roll</p> <p><u>Choice Of Side Dishes:</u></p> <p>Broccoli w/wo Cheese Baked Beans Chilled Peaches</p> <p><u>Choice Of Milk</u></p>	<p>20</p> <p><u>Must Choose 1 Entrée:</u></p> <p>*Caesar Salad Turkey & Cheese Wrap *Stuffed Cheese Sticks w/wo Dipping Sauce Chicken Fajita</p> <p><u>Choice Of Side Dishes:</u></p> <p>Tossed Salad Potato Triangles Fresh Fruit</p> <p><u>Choice Of Milk</u></p>	<p>21</p> <p><u>Must Choose 1 Entrée:</u></p> <p>*Tossed Vegetable Salad Ham & Cheese Wrap Chicken Nuggets w/Breadstick Lasagna w/Breadstick</p> <p><u>Choice Of Side Dishes:</u></p> <p>Antipasto Salad Seasoned Green Beans Chilled Mixed Fruit</p> <p><u>Choice Of Milk</u></p>	<p>22</p> <p><u>Must Choose 1 Entrée:</u></p> <p>*Caesar Salad Chicken Salad Wrap Cheeseburger *Fish Sticks w/Roll</p> <p><u>Choice Of Side Dishes:</u></p> <p>Lettuce & Tomato Salad Baked Chips Fresh Fruit</p> <p><u>Choice Of Milk</u></p>
<p>25</p> <p><u>Must Choose 1 Entrée:</u></p> <p>*Caesar Salad Turkey & Cheese Hoagie Spicy Chicken Sandwich Chicken Parmigiana Sandwich Turkey Corn Dog</p> <p><u>Choice of Side Dishes:</u></p> <p>Mixed Green Salad Soft Baked Pretzel Rod Applesauce</p> <p><u>Choice of Milk</u></p>	<p>26</p> <p><u>Must Choose 1 Entrée:</u></p> <p>Chef Salad Chicken Caesar Wrap Beefy Nachos *Shrimp Poppers w/Biscuit</p> <p><u>Choice of Side Dishes:</u></p> <p>Tossed Salad Seasoned Rice Chilled Mixed Fruit</p> <p><u>Choice of Milk</u></p>	<p>27</p> <p><u>Must Choose 1 Entrée:</u></p> <p>*Tossed Vegetable Salad Chicken Salad Pita Hot Dog Minh Pork Egg Rolls</p> <p><u>Choice of Side Dishes:</u></p> <p>Lettuce & Tomato Salad Potato Triangles Fresh Fruit</p> <p><u>Choice of Milk</u></p> <p><i>Happy Birthday!</i> <i>w/meal: Chocolate Chip Cookie</i></p>	<p>28</p> <p><u>Must Choose 1 Entrée:</u></p> <p>*Caesar Salad Ham & Cheese on a Bun Popcorn Chicken w/Breadstick Italian Pasta w/Breadstick</p> <p><u>Choice of Side Dishes:</u></p> <p>Fresh Carrot Sticks Baked Chips Chilled Peaches</p> <p><u>Choice of Milk</u></p>	<p>29</p> <p><u>Must Choose 1 Entrée:</u></p> <p>Chicken Caesar Salad *PB&J Uncrustable Hamburger Mexican Fiestada Pizza</p> <p><u>Choice of Side Dishes:</u></p> <p>Antipasto Salad Seasoned Corn Fresh Fruit</p> <p><u>Choice of Milk</u></p>

*Indicates Vegetarian Options
Menu Subject to Change