



February 1-28, 2023

FEBRUARY 2023

Central Middle School, Prairie Knolls Middle School
Lunch Menu

Student Lunch: \$3.10
Reduced Lunch: \$0.40
Milk: \$ 0.40
Adult Lunch: \$3.75

Monday

Tuesday

Wednesday

Thursday

Friday

6

Chicken Parmesan Sandwich

Seasoned Corn
Celery Sticks
Mixed Fruit Cup

Choice of Milk

7

Turkey Corn Dog

Tender Peas
Vegetable Tray w/ Green, Red
Yellow Pepper Strips, Ranch Dip
Fresh Apple

Choice of Milk

1

Cheezy Pizza Bagels (4)

Carroteenies w/ Ranch Dip
Green Beans
Strawberry Applesauce

Choice of Milk

2

Mexican Beef Taco
w/ Cheese, Lettuce, Salsa

Refried Beans
Broccoli Florets
Orange Wedges

Choice of Milk

3

BBQ Rib Sandwich

Seasoned Corn
Garden Salad w/ Cucumbers,
Cherry Tomatoes, Ranch Dressing
Fruit Strawberry Gel

Choice of Milk

13

Chicken Nuggets (5)
Dinner Roll

Vegetable Tray w/ Green, Red
Yellow Pepper Strips, Ranch Dip
Seasoned Corn
Mixed Fruit Cup

Choice of Milk

14

Sliced Turkey & Cheese
on WG bun

Hash Brown Rounds
Pea Pods, Cherry Tomatoes
Chilled Peaches

Choice of Milk

15

Cheese Pizza Slice

Mixed Vegetables
Celery Sticks w/ Ranch Dip
Chilled Applesauce

Choice of Milk

16

Beef Nachos with Salsa

Refried Beans
Carroteenies
Chilled Peas

Choice of Milk

17

Beef Hot Dog
on WG bun

Vegetarian Beans
Broccoli Florets w/ Ranch Dip
Fresh Apple

Choice of Milk

20

President's Day
Holiday
No School

21

Breakfast Pizza Bagel

Fruit Yogurt
Hash Brown Rounds (2)
Dragon Punch
Orange Wedges

Choice of Milk

22

Bosco Cheese Sticks (2)
w/ Marinara Sauce

Steamed Broccoli
Carroteenies w/ Ranch Dip
Cinnamon Applesauce

Choice of Milk

23

Popcorn Chicken Basket

Sweet Potato Fries
Celery Sticks w/ Ranch Dip
Vegetarian Beans
Fresh Apple

Choice of Milk

24

Sloppy Joe on WG Bun

Bag of Chips
Garden Salad w/ Cucumbers,
Cherry Tomatoes, Ranch Dressing
Green Beans
Mixed Fruit Cup

Choice of Milk

27

Breaded Chicken Patty
Original or Spicy w/ WG bun

Pea Pods w/ Ranch Dip
Vegetarian Beans
Chilled Peaches

Choice of Milk

28

French Toast Sticks w/
Maple Syrup

Chicken Sausage Patty
Hash Brown Rounds (2)
Sunset Sip Juice
Orange Wedges

Choice of Milk



Choice of Milk: 1% Low-Fat Unflavored
Fat Free Chocolate

Sun Butter & Jelly Sandwich Offered Daily

Menu Subject to Change Without Notice

