





Mission Hills Middle School Lunch Menu

MAY 2015

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1					 Pizza Friday 1	2	All lunches come with a choice of <i>one</i> of the following: 3
WEEK 2	Grilled cheese Sandwich Salad Bar Fruits 4	Chili nachos (with meat) Veg: nachos with cheese Salad Bar Fruits 5	Spaghetti with turkey , Prego sauce & garlic bread Veg: plain spaghetti Salad Bar Fruits 6	Teriyaki chicken with stir fry vegetables & rice Veg: Tofu in place of chicken Salad Bar Fruits 7	 Pizza Friday 8	9	• Bottled Water • White Milk • Juice All meals include a vegetarian option, indicated as <i>Veg</i> . 10
WEEK 3	Fried rice with mixed vegetables, eggs, & meat Veg: no meat Salad Bar Fruits 11	Pasta Salad with turkey Veg: plain pasta salad Salad Bar Fruits 12	Turkey with mashed potatoes & rolls Veg: veggie patty Salad Bar Fruits 13	Breakfast burrito (meat, eggs, cheese & potatoes) Veg: no meat Salad Bar Fruits 14	 Pizza Friday 15	16	Daily Salad Bar includes a choice of vegetables, crumbled eggs, shredded cheese 17
WEEK 4	Fish sticks & Tater Tots Veg: Mozzarella sticks & Tater Tots Salad Bar Fruits 18	Corn Dogs Veg: cheese quesadilla Salad Bar Fruits 19	Chicken pasta with white sauce & garlic bread Veg: plain pasta Salad Bar Fruits 20	Curry chicken with mixed vegetables & rice Veg: no chicken Salad Bar Fruits 21	TEACHER WORK DAY NO SCHOOL 22	23	Snacks/drinks may be purchased during recess for \$1.00 each 24
WEEK 5	MEMORIAL DAY NO SCHOOL 25	Chicken Nuggets & Tater Tots Veg: Mozzarella sticks & Tater Tots Salad Bar Fruits 26	Chicken Quesadilla Veg: Cheese Quesadilla Salad Bar Fruits 27	Burrito Bowl with meat, corn, beans, & cheese Veg: no meat Salad Bar Fruits 28	 Pizza Friday 29	30	*Menu subject to change without notice. 31