








Longview Independent School District

Middle School Lunch Menus 2016-2017

	Italian Monday	Mexican Tuesday	All in One Wednesday	Bun Day Thursday	Fried Food Friday
<u>Week 1</u>	Pepperoni Pizza Italian Spaghetti Steamed Carrots Shredded Salad Diced Tomatoes Red Apple Slices Banana Milk 	Hard Taco Enchilada Lettuce/Spinach/Tomato Charro Beans Brown Spanish Rice Cantaloupe Dew Melon Taco/Picante Sauce Milk	Hamburger Helper Chili Beans Cabbage Baby Carrots Cornbread RIPS-100% Strawberries Milk	Chicken Fried Steak on a bun Chicken Strips on a bun Baked Beans Shredded Romaine Diced Tomatoes Fresh Broccoli w/Ranch Red Grapes Green Apple Slices Ketchup Milk	Chicken Rings Steak Fingers Green Beans Mashed Potatoes w/grav Roll Pineapple Orange Milk 
<u>Week 2</u>	Chicken Parmesan Lasagna Corn O'Brien Green Beans Garlic Toast Cantaloupe Dew Melon Milk 	Soft Taco (beef or chicken) Charro Beans Brown Spanish Rice Shredded Romaine Diced Tomatoes Shredded Cheddar Cheese Taco Sauce RIPS-100% Fruit Strawberries Milk	Orange Chicken New Orleans Chicken Stir Fry Vegetables Brown Rice Pilaf Egg Roll Red Grapes Green Apple Slices Sweet and Sour Sauce Milk	Ham or Turkey Sub Sandwiches Sun Chips Shredded Romaine Sliced Tomatoes Orange Pineapple Milk 	Ranch Style Chicken Breast Chicken Strips Broccoli and Cheese Candied Sweet Potatoes Roll Fruit Milk
<u>Week 3</u>	Vegetable Supreme Pizza Chicken Spaghetti Baby Carrots Cucumber Salad Shredded Romaine Diced Tomatoes Garlic Toast Strawberries RIPS-100% Fruit Milk	Chicken Quesadilla Burrito w/ Rotel Sauce Charro Beans Brown Spanish Rice Shredded Romaine Tomato Pico Sour Cream Taco Sauce Red Grapes Green Apple Slices Milk	Mashed Potato Bowl (mashed potatoes topped with brown gravy, corn, and chicken nuggets) <hr/> Chicken Nuggets Green Beans w/ Tomato Mashed Potatoes Roll/Crackers Shredded cheese Pineapple Orange Milk 	Chicken Parmesan on a bun Meatball Sub Fresh Broccoli Potato Wedges Red Apple Slices Banana Milk	Fried Fish Corn Dogs Baked Beans Colelaw Mac and Cheese Cantaloupe Dew Melon Milk
<u>Week 4</u>	Italian Chicken Breast Beef Stroganoff w/ pasta California Veggies Green beans w/tomatoes Red Grapes Green Apple Slices Milk	Beef Rotel Dip and Chips Chicken Fajitas Charro Beans Spanish Brown Rice Shredded Romaine Diced Tomatoes Shredded Cheese Taco/Picante Sauce Pineapple Orange Milk 	Cowboy Cornbread (taco meat, corn, and tomatoes covered with cornbread and baked) <hr/> Taco Salad Lettuce/Tomato Shredded Cheese Spanish Brown Rice Charro Beans Red Apple Slices Banana Milk	Chili Dog Sloppy Joe Baked Beans Smiles Sliced Cheese Cantaloupe Dew Melon Milk 	Chicken Legs Chicken Fried Steak Scalloped Potatoes Turnip Greens Cornbread Strawberries RIPS-100% Fruit Milk

Meals are subject to change.

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Bundle Packages (Available Monday, Wednesday, and Friday. Each meal served on a particular day. Refer to the chart below).

Monday	Spicy Chicken Sandwich w Shredded romaine and Diced tomatoes, Smiles, Celery Sticks w/Ranch Dressing, Fruit of the day, and Milk
Wednesday	Grilled Hamburgers w/ cheese. Served with Shredded romaine, sliced tomatoes, tater tots, Fruit of the day, and Milk
Friday	Loaded Baked Potatoes. Served with butter, sour cream, chives, diced chicken, rotel sauce, diced tomatoes, steamed broccoli, crackers, Fruit of the Day, and Milk