

# What's on the Menu?

Sparta Middle School Lunch Menu September 18<sup>th</sup> – 22<sup>nd</sup>, 2023

All meals come with choice of low-fat 1% White or Chocolate Milk

MENU IS SUBJECT TO CHANGE

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Hot Dog Bar</b> – 2 Hot Dog W/ Chili, Cheese, Pick your toppings <b>Curly Fries</b> <b>Baked Beans</b> <b>National Cheeseburger Day</b>	Chicken Fajita Bowl w/ Black Beans & Brown Rice <b>Seasoned Corn</b>	Chicken & Vegetable Dumplings Fried Rice <b>Seasoned Peas</b> <b>National Fried Rice Day</b>	Biscuits W/ Sausage Gravy Scrambled Eggs W/ Cheese <b>Tater Tots</b>	Pizza Casserole Breadstick <b>Seasoned Green Beans</b>
	DAILY: Build your own Chicken, Beef, or Bean Tacos, Burritos, Nachos, or Walking Tacos. Top it your way with fresh veggies, sauces, & cheese				
	Bosco Breadsticks w/ Marinara Sauce	<b>Enriched</b> Pepperoni Pizza	Italian Sausage Pizza	Meat Lover's Flatbread Pizza	Supreme Pizza
	Personal Pepperoni Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Bosco Breadsticks w/ Marinara Sauce
	Beef Teriyaki Dippers w/ Mac n Cheese Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Cheeseburger Curly Fries Baked Beans	BBQ Riblet Sandwich Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Cheeseburger Seasoned Corn	Warm Pretzel Rods (4) W/ Jalapeno Cheese Dip Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Cheeseburger Seasoned Peas	Combo-Breaded Mozzarella Sticks w/ Chicken Nuggets Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Cheeseburger Tater Tots	Cheese Pizza Crunchers(4) Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Cheeseburger Seasoned Green Beans
	Build Your Own Deli Sandwich Available Daily: Variety of Meats, Cheeses, Homemade Sub Buns, & Wraps, Vegetable Toppings, & Condiments				
AVAILABLE DAILY: PB&J Uncrustables & Fruit Yogurt Parfaits					
	Turkey Chef Salad W/ 2 Dinner Rolls	Chicken BLT Salad w/ 2 Dinner Rolls	Ham & Cheese Chef Salad w/ 2 Dinner Rolls	Buffalo Popcorn Chicken Salad w/ Dinner Roll	Turkey Chef Salad w/ Dinner Rolls
	Italian Chicken Pasta Salad	Chicken Caesar Wrap	Turkey Ranch Wrap	Ham, Salami, & Cheese Italian Wrap	Buffalo Ranch Chicken Wrap
	Cherry Tomatoes Cucumber Coins 100% Fruit Juice Assorted Fruit Fresh Pear	Broccoli Florets Romaine Blend Side Salad 100% Fruit Juice Fresh Apple Slices Red Seedless Grapes	Cherry Tomato's Celery Sticks 100% Fruit Juice Banana Assorted Fruit	Fresh Pepper Sticks Romaine Blend Side Salad 100% Fruit Juice Orange Wedges Applesauce	Fresh Broccoli Florets Assorted Vegetables 100% Fruit Juice Sidekick Slushies Assorted Fresh Fruit

# What's on the Menu?

Sparta Middle School Lunch Menu September 25<sup>th</sup> – 29<sup>th</sup>, 2023

All meals come with choice of low-fat 1% White or Chocolate Milk

MENU IS SUBJECT TO CHANGE

	Monday	Tuesday	Wednesday	Thursday	Friday
<div>create</div>	Mac n Cheese Warm Pretzel Seasoned Green Beans BBQ Baked Beans National Food Service Worker Day	Breakfast for Lunch: Pancakes W/ Scrambled Eggs W/ Cheese Tater Tots National Pancake Day	Popcorn Chicken - Plain or Spicy Breadstick Mashed Potatoes W/ Gravy National Chocolate Milk Day	Potato Pierogi w/ Homemade Cheese Sauce Seasoned Corn	Enriched Chicken Pasta w/ Garlic Breadstick Seasoned Broccoli w/ Cheese Sauce
<div>sono CELEBRATE LATIN</div>	DAILY: Build your own Chicken, Beef, or Bean Tacos, Burritos, Nachos, or Walking Tacos. Top it your way with fresh veggies, sauces, & cheese				
<div>2mato</div>	Meat lovers Stromboli Classic Cheese Pizza	Classic Pepperoni Pizza Classic Cheese Pizza	Enriched Italian Sausage Pizza Classic Cheese Pizza	Personal Pepperoni Pizza Bosco Breadsticks w/ Marinara Sauce	Classic Pepperoni Pizza Classic Cheese Pizza
<div>grilled EXPRESS</div>	Beef Philly Cheesesteak Sandwich Breaded Chicken Sandwich Cheeseburger Spicy Breaded Chicken Sandwich Seasoned Green Beans BBQ Baked Beans	Southwest BBQ Pulled Pork Sandwich Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Tater Tots	Chicken & Cheese Crispitos Breaded Chicken Sandwich Bacon Cheeseburger Spicy Breaded Chicken Sandwich Mashed Potatoes W/ Gravy	Mini Corn Dogs Breaded Chicken Sandwich Cheeseburger Spicy Breaded Chicken Sandwich Seasoned Corn	Pull Apart Bread W/ Queso Sauce Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Seasoned Broccoli w/ Cheese Sauce
<div>SO DELI</div>	Build Your Own Deli Sandwich Available Daily: Variety of Meats, Cheeses, Homemade Sub Buns, & Wraps, Vegetable Toppings, & Condiments				
AVAILABLE DAILY : PB&J Uncrustables & Fruit Yogurt Parfaits					
<div>ON THE GO</div>	Chicken BLT Salad w/ 2 Dinner Rolls Italian Pasta Salad W/ Breadstick	Ham & Cheese Chef Salad w/ 2 Dinner Rolls Turkey Ranch Wrap	Buffalo Popcorn Chicken Salad w/ 2 Dinner Rolls Buffalo Chicken Wrap	Turkey Chef Salad w/ 2 Dinner Rolls Ham, Salami, & Cheese Italian Wrap	Popcorn Chicken Salad W/ 2 Dinner Rolls Chicken Caesar Wrap
<div>extra extra</div>	Cherry Tomatoes Cucumber Coins 100% Fruit Juice Assorted Fruit Fresh Pear	Baby Carrots Romaine Blend Side Salad 100% Fruit Juice Fresh Apple Slices Seedless Grapes	Celery Sticks Mixed Peppers 100% Fruit Juice Banana Assorted Fruit	Assorted Veggies Romaine Blend Side Salad 100% Fruit Juice Orange Wedges Applesauce	Broccoli Florets Sugar Snap Peas Sidekick Slushie Assorted Fresh Fruit Assorted Chilled Fruit

# What's on the Menu?

Sparta Middle School Lunch Menu October 2<sup>nd</sup> – 6<sup>th</sup>, 2023

All meals come with choice of low-fat 1% White or Chocolate Milk

MENU IS SUBJECT TO CHANGE

	Monday	Tuesday	Wednesday	Thursday	Friday
<div>create</div>	Salisbury Steak Garlic Bread  Seasoned Green Beans	Cinnamon French Toast Scrambled Eggs w/ Cheese  Tater Tots	Breaded Chicken Drumstick W/ Cornbread  Mashed Potatoes W/ Gravy National Taco Day	Burger Bar You Pick: cheese, bacon, chili, assorted veggies  Seasoned Corn	Chicken Nuggets w/ side of Mac n Cheese  Oven Baked Fries Baked Beans
<div>sono</div>	DAILY: Build your own Chicken, Beef, or Bean Tacos, Burritos, Nachos, or Walking Tacos. Top it your way with fresh veggies, sauces, & cheese				
<div>2mato</div>	Classic Pepperoni Pizza	Enriched Pepperoni Pizza	Personal Meat Lover's Pizza	Classic Pepperoni Pizza	Italian Sausage Pizza
	Bosco Breadsticks w/ Marinara Sauce	Classic Cheese Pizza	Bosco Breadsticks w/ Marinara Sauce	Cheese Stromboli	Classic Cheese Pizza
<div>grilled EXPRESS</div>	Breaded Mozzarella Sticks w/ Marinara Sauce Breaded Chicken Waffle Sandwich Cheeseburger Spicy Breaded Chicken Sandwich Seasoned Green Beans	2 Taco Sticks Breaded Chicken Sandwich Cheeseburger Spicy Breaded Chicken Sandwich Tater Tots	Warm Pretzel Bites W/ Jalapeno Cheese Sauce Breaded Chicken Sandwich Cheeseburger Spicy Breaded Chicken Sandwich Mashed Potatoes W/ Gravy	Pepperoni Pizza Sub Breaded Chicken Sandwich Cheeseburger Spicy Breaded Chicken Sandwich Seasoned Corn	Four Cheese Enchilada Breaded Chicken Sandwich Cheeseburger Spicy Breaded Chicken Sandwich Oven Baked Fries BBQ Baked Beans
<div>SO DELI</div>	Build Your Own Deli Sandwich				
	Available Daily: Variety of Meats, Cheeses, Homemade Sub Buns, & Wraps, Vegetable Toppings, & Condiments				
	AVAILABLE DAILY: PB&J Uncrustables & Fruit Yogurt Parfaits				
<div>ON THE GO</div>	Chicken BLT W/ Dinner Rolls	Grilled Chicken Caesar Salad w/ 2 Dinner Rolls	Ham & Cheese Chef Salad w/ 2 Dinner Rolls	Popcorn Chicken Salad w/ 2 Dinner Rolls	Turkey Chef Salad w/ 2 Dinner Rolls
	Italian Pasta Salad W/ Breadstick	Hortchata Parfait	Turkey Ranch Wrap	Ham & Cheese Wrap	Buffalo Ranch Chicken Wrap
<div>extra extra</div>	Cauliflower Florets Tossed Side Salad 100% Fruit Juice Assorted Fruit Assorted Chilled Fruit	Baby Carrots Romaine Blend Side Salad 100% Fruit Juice Fresh Apple Slices Red Seedless Grapes	Celery Sticks Mixed Peppers 100% Fruit Juice Banana Assorted Fruit	Assorted Veggies Romaine Blend Side Salad 100% Fruit Juice Orange Wedges Applesauce	Broccoli Florets Assorted Fresh Veggies Fresh Apple Side Kick Slushies

# What's on the Menu?

Sparta Middle School Lunch Menu October 9<sup>th</sup> – 13<sup>th</sup>, 2023

All meals come with choice of low-fat 1% White or Chocolate Milk

MENU IS SUBJECT TO CHANGE

	Monday	Tuesday	Wednesday	Thursday	Friday
<div>create</div> <div>National School Lunch Week</div>	Chicken Tenders W/ Waffles  Tater Tots	Baked Potato Bar Potato, Bacon, Ham, Cheese Side of Mac & Cheese Broccoli w/ Cheese Sauce BBQ Baked Beans	Sweet N Sour or Thai Sweet Chili Popcorn Chicken W/ Fried Rice  Seasoned Carrots National Sausage Pizza Day	Beef Lasagna w/ Rotini Noodles Garlic Bread  Seasoned Green Beans	Popcorn Shrimp or Popcorn Chicken Corn Bread Poppers  Oven Baked Fries
<div>SONO</div> <div>CELEBRATE LATIN</div>	DAILY: Build your own Chicken, Beef, or Bean Tacos, Burritos, Nachos, or Walking Tacos. Top it your way with fresh veggies, sauces, & cheese				
<div>2mato</div>	Supreme Pizza  Classic Cheese Pizza	Personal Pepperoni Pizza  Classic Cheese Pizza	Italian Stromboli  Classic Cheese Pizza	Classic Pepperoni Pizza  Classic Cheese Pizza	Enriched Meat Lover's Pizza  Bosco Breadsticks w/ Marinara Sauce
<div>grilled</div> <div>EXPRESS</div>	Cheeseburger Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Tater Tots	Beef Teriyaki Dippers w/ side of Mac n Cheese Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Broccoli w/ Cheese Sauce BBQ Baked Beans	Mini Corn Dogs Breaded Chicken Sandwich Cheeseburger Spicy Breaded Chicken Sandwich Seasoned Carrots	BBQ Riblet Sandwich Breaded Chicken Sandwich Cheeseburger Spicy Breaded Chicken Sandwich Seasoned Green Beans	Cheese Pizza Crunchers Breaded Chicken Sandwich Cheeseburger Spicy Breaded Chicken Sandwich Oven Baked Fries
<div>SO DELI</div>	Build Your Own Deli Sandwich Available Daily: Variety of Meats, Cheeses, Homemade Sub Buns, & Wraps, Vegetable Toppings, & Condiments				
AVAILABLE DAILY: PB&J Uncrustables & Fruit Yogurt Parfaits					
<div>ON THE GO</div>	Grilled Chicken Caesar Salad w/ 2 Dinner Rolls  Italian Pasta Salad W/ Breadstick	Turkey Chef Salad w/ 2 Dinner Rolls  Breaded Chicken Wrap	Popcorn Chicken Salad w/ 2 Dinner Rolls  Turkey Ranch Wrap	Ham & Cheese Chef Salad w/ 2 Dinner Rolls  Buffalo Chicken Caesar Wrap	Chicken BLT Salad w/ 2 Dinner Rolls  Fruit Pizza
<div>extra extra</div>	Cherry Tomatoes Cucumber Coins 100% Fruit Juice Assorted Fruit Fresh Pear	Baby Carrots Romaine Blend Side Salad 100% Fruit Juice Fresh Apple Slices Red Seedless Grapes	Celery Sticks Mixed Peppers 100% Fruit Juice Banana Assorted Fruit	Assorted Veggies Romaine Blend Side Salad 100% Fruit Juice Orange Wedges Applesauce	Broccoli Florets Assorted Fresh Veggies  Fresh Apple Side Kick Slushies