

Southern Middle School

3/1/2024 - 3/1/2024

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



Cheesy Stuffed
Bread Sticks
*baked bread sticks filled
with melted cheese*
Tomato Sauce Dip



Hand Crafted Buffalo
Chicken Pizza

Available Daily: Cheese Pizza, Pepperoni Pizza and Special of the day Pizza, all featuring whole grain rich pizza dough



Chimichanga
*freshly made crispy
tortilla filled with Mexican
style meat, beans and
cheese, topped with sour
cream and salsa*

Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice, Mexi Beef, Mexi Chicken, Mexi Veg and Refried Beans



Smokehouse Burger
*burger on a freshly
toasted bun with BBQ
sauce*

Available Daily: Hamburgers, Cheeseburgers, Turkey and Veggie Burgers, Chicken Patties and Grilled Chicken Sandwiches



Italian Combo Wrap
*cured meat variety on a
wrap with lettuce and
tomato*

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps



Garden Salad Entree
*fresh garden salad
topped with meat*

Assorted salads and vegetables available daily



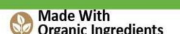
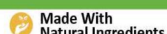
Fresh Baby Carrots
Broccoli Florets
Pineapple Cup



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Southern Middle School

Welcome to our
Lunch Cafe

3/4/2024 - 3/8/2024

Monday

Tuesday

Wednesday

Thursday

Friday



Cheese Quesadilla
freshly grilled flour tortilla
with melted cheese 🌱
Salsa
Sour Cream



Chicken Nugget &
Mozzarella Stick
Combo
Crispy chicken nuggets
and gooey mozzarella
sticks served with dipping
sauce
Crispy Potato Puffs



Cinnamon French
Toast
slices of French toast
baked to perfection 🌱
Hash Brown
Potatoes

Homemade Pasta &
Meatballs
freshly baked meatballs
with tomato sauce over
pasta 🍝

National
Meatball Day!!

Yard Bird Classic
Chicken Sandwich
Oven Baked Fries
Steamed Broccoli



Personal Pan
Cheese Pizza
fresh pizza dough topped
with sauce and
mozzarella cheese 🌱

Sausage Pizza
traditional pizza slice
topped with sausage 🍔

Homemade Meat
and Cheese Stromboli
chopped meat and
melted cheese wrapped
in a pizza dough 🍔

Hawaiian Pizza
ham and pineapple
chunks over a cheese
pizza slice P 🍔

White Pizza
freshly made pizza
dough brushed with
garlic and oil, topped with
mozzarella, baked to
perfection 🌱 🍔

Available Daily: Cheese Pizza, Pepperoni Pizza and Special of the day Pizza, all featuring whole grain rich pizza dough



Soft Tacos
freshly prepared fiesta-
style meat with melted
cheese wrapped in a
warm soft taco shell 🍔

Buffalo Chicken and
Cheese Quesadilla
fiesta style chicken and
cheddar cheese inside a
grilled folded tortilla
spread with hot sauce

Walking Taco
mexi-style taco meat
paired with crispy chips 🍔

Fiesta Taco Salad 🍔

Chimichanga
freshly made crispy
tortilla filled with Mexican
style meat, beans and
cheese, topped with sour
cream and salsa 🍔

Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice, Mexi Beef, Mexi Chicken, Mexi Veg and Refried Beans



Ham, Egg and
Cheese Sandwich P

Grilled Chicken
Cutlet Sandwich
grilled chicken breast
prepared in-house
served between a soft
roll

Chicken Parmesan
Sandwich

Grilled Cheese
Sandwich
golden toasted bread
with melted gooey
cheese pressed and
prepared in-house 🌱

Pizza Burger
burger topped with pizza
sauce, mozzarella
cheese and romaine
lettuce on a bun 🍔

Available Daily: Hamburgers, Cheeseburgers, Turkey and Veggie Burgers, Chicken Patties and Grilled Chicken Sandwiches



Turkey Ranch Wrap
turkey breast with lettuce,
tomato and ranch on a
wrap 🍔

BLT Sandwich with
Turkey and Cheese
crispy bacon, thin sliced
turkey and melted
cheese topped with
lettuce and tomato on
toasted bread P 🍔

Buffalo Chicken
Panini
buffalo chicken with
lettuce and tomato on a
panini 🍔

Chicken Delight
Wrap
tender chicken and
melted cheese wrapped
in a tortilla

The Harvest Classic
freshly prepared tortilla
wrap with thinly sliced
ham, mozzarella cheese,
tossed greens and juicy
tomatoes P 🍔

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps



Buffalo Chicken
Salad with Dinner
Rolls
spicy chicken on a bed of
romaine lettuce with
cucumbers, carrots and
tomatoes 🍔

Grilled Chicken
Salad with Dinner
Rolls
grilled chicken breast,
lettuce, julienned carrots,
sliced tomatoes and
cucumbers 🍔

Spinach Salad
spinach topped with
crumbled bacon,
mushrooms, and red
onion P 🍔

Cobb Salad
fresh lettuce topped with
bacon, baked chicken,
shredded cheddar, and
chopped egg 🍔

Seasoned Salad
salad with beans, corn,
sour cream, and salsa
🍔 🍔

Assorted salads and vegetables available daily



Cucumber Coins
Chilled Red Pepper
Strips
Garden Salad
Fresh Orange
Cinnamon
Applesauce

Fresh Baby Carrots
Celery
Garden Salad
Blueberries

Celery & Carrot
Sticks w/ Low Fat
Dressing
Broccoli Bites
Fresh Apple
Diced Peach Cup

Fresh Baby Carrots
Garden Salad
Diced Peaches

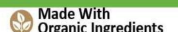
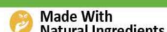
Grape Tomatoes
Fresh Baby Carrots
Fresh Banana
Pineapple Cup



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Southern Middle School

Welcome to our
Lunch Cafe

3/11/2024 - 3/15/2024

Monday

Tuesday

Wednesday

Thursday

Friday



Homemade Mac & Cheese
pasta in cheese sauce,
garnished with parsley
Garden Salad



Tot Spot's Disco
Tater Tots

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich

Chicken Bowl with
Gravy
chicken layered with
mashed potatoes and
corn, smothered in gravy

Buffalo Chicken
Tenders
Buffalo chicken tenders
with carrot and celery
sticks
Sweet Potato Fries



BBQ Chicken Pizza
freshly prepared pizza
dough topped with BBQ
sauce, mozzarella,
cheddar, chicken strips,
and red onion

Meat Lovers Pizza
freshly made pizza
topped with mozzarella
cheese, sausage,
pepperoni and meatball

Homemade Pizza
Calzone
folded whole grain pizza
dough filled with ricotta
cheese and caramelized
onions

White Pizza
freshly made pizza
dough brushed with
garlic and oil, topped with
mozzarella, baked to
perfection

Hand Crafted Buffalo
Chicken Pizza

Available Daily: Cheese Pizza, Pepperoni Pizza and Special of the day Pizza, all featuring whole grain rich pizza dough



Walking Taco
mexi-style taco meat
paired with crispy chips

Ranch & Chicken
Quesadilla
homemade fiesta
chicken, mozzarella and
ranch dressing melted
into a warm tortilla

Chimichanga
freshly made crispy
tortilla filled with Mexican
style meat, beans and
cheese, topped with sour
cream and salsa

Soft Tacos
freshly prepared fiesta-
style meat with melted
cheese wrapped in a
warm soft taco shell

Classic Tex Mex
Burrito
mexi-style meat, rice and
shredded cheese folded
inside a soft tortilla

Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice, Mexi Beef, Mexi Chicken, Mexi Veg and Refried Beans



Grilled Chicken
Cutlet Sandwich
grilled chicken breast
prepared in-house
served between a soft
roll

Bacon Cheeseburger
burger topped with
cheese and bacon on a
freshly toasted bun

Cordon Bleu Griller

Buffalo Chicken
Wrap
warm chicken marinated
in Buffalo sauce wrapped
in a tortilla with lettuce
and tomato

Chicken Ranch Wrap
tender chicken tossed in
buttermilk ranch dressing
with lettuce and tomatoes
in a wrap

Available Daily: Hamburgers, Cheeseburgers, Turkey and Veggie Burgers, Chicken Patties and Grilled Chicken Sandwiches



Ham & Cheese Triple
Decker Sandwich

Turkey & Cheese
Panini
turkey, cheese, lettuce
and tomato panini grilled
to perfection

BBQ Chicken
Sandwich
thick slices of BBQ
chicken with lettuce

Turkey Ranch Wrap
turkey breast with lettuce,
tomato and ranch on a
wrap

Chicken Caesar
Wrap

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps



Chicken Caesar
Salad
fresh romaine topped
with parmesan cheese,
chicken, and croutons
with dinner rolls

Classic Chef Salad
fresh lettuce topped with
sliced deli meats and
cheeses

Fresh Garden Salad
with Sliced Egg
garden salad with
tomato, cucumber, carrot,
and hard boiled eggs

Grilled Chicken and
Cranberry Salad
Salad with chicken and
dried cranberries

Antipasto Salad with
Dinner Rolls
provolone, swiss cheese,
garbanzo beans and fire
roasted peppers over
garden salad

Assorted salads and vegetables available daily



Fresh Baby Carrots
Spinach Salad
Fresh Banana
Diced Pear Cup

Cucumber Coins
Celery
Chilled Red Pepper
Strips
Fresh Apple

Celery & Carrot
Sticks w/ Low Fat
Dressing
Cinnamon & Honey
Roasted Beans
Applesauce
Diced Peaches

Cucumber Coins
Broccoli Bites
Fresh Banana
Diced Pear Cup

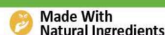
Broccoli Florets
Fresh Baby Carrots
Fresh Orange



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WHITSON'S
School Nutrition

Southern Middle School

Welcome to our
Lunch Cafe

3/18/2024 - 3/22/2024

Monday

Tuesday

Wednesday

Thursday

Friday



Grilled Ham & Cheese Sandwich Tomato Soup

Herb Grilled Chicken Nuggets
grilled chicken nuggets perfect for dipping in your favorite sauce
Chick'n Dipp'n Sauce
Oven Baked Fries



Incredibowls Chicken & Vegetable Rice



Guy's Fries
crispy fries seasoned with your choice of flavors



BBQ Chicken Pizza
freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion

Homemade Ham and Cheese Stromboli
Ham and melted cheese wrapped in a pizza dough

Meat Lovers Pizza
freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball

White Pizza
freshly made pizza dough brushed with garlic and oil, topped with mozzarella, baked to perfection

Sausage Pizza
traditional pizza slice topped with sausage

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Chicken Enchilada
chicken and rice rolled in a tortilla and baked with salsa over top

Fiesta Taco Salad

Buffalo Chicken and Cheese Quesadilla
fiesta style chicken and cheddar cheese inside a grilled folded tortilla spread with hot sauce

Walking Taco
mexi-style taco meat paired with crispy chips

Ranch & Chicken Quesadilla
homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla

Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg and Refried Beans



Grilled Chicken Cutlet Sandwich
grilled chicken breast prepared in-house served between a soft roll

BBQ Chicken Wrap
chicken breast with BBQ sauce, lettuce and tomato in a wrap

Cordon Bleu Griller

Bacon Cheeseburger
burger topped with cheese and bacon on a freshly toasted bun

Grilled Cheese with Bacon
grilled cheese with layers of crisp bacon on toasty bread

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken



American Beauty
freshly made sandwich with thinly sliced turkey and cheese, crispy lettuce and tomato

Turkey Club Wrap
turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla

Chicken Salad Sandwich
a deli classic: chicken salad and crisp lettuce on soft bread

Ham & Cheese Wrap

Chicken Caesar Sandwich
crispy chicken patty with fresh lettuce, tomato and Caesar dressing on a roll

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps



Classic Chef Salad
fresh lettuce topped with sliced deli meats and cheeses

Seasoned Salad
salad with beans, corn, sour cream, and salsa

Garden Salad with Cheese Entree
fresh garden salad topped with cheese

Chicken Caesar Salad
fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls

Chicken Salad

Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing.



Cherry Tomatoes
Fresh Baby Carrots
Mixed Fruit

Broccoli Bites
Garden Salad
Fresh Banana
Diced Peaches

Chilled Red Pepper Strips
Celery & Carrot Sticks w/ Low Fat Dressing
Fresh Orange
Cinnamon Applesauce

Fresh Baby Carrots
Broccoli Florets
Fresh Orange

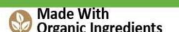
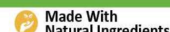
Celery & Carrot Sticks w/ Low Fat Dressing
Broccoli Bites
Diced Pear Cup
Fresh Apple



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3/25/2024 - 3/29/2024

Monday

Tuesday

Wednesday

Thursday

Friday



Cheesy Stuffed
Bread Sticks
*baked bread sticks filled
with melted cheese* 🌱
Tomato Sauce Dip

Breaded Chicken
Thigh
Vegetable Rice Pilaf

SCHOOL
CLOSED
TODAY

SCHOOL
CLOSED
TODAY

SCHOOL
CLOSED
TODAY



Sausage Pizza
*traditional pizza slice
topped with sausage* 🍕

Spinach Pizza
*fresh pizza dough topped
with marinara sauce,
fresh spinach and
mozzarella cheese* 🌱

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Crunch Wrap Taco
*fiesta-style meat with
melted cheese arranged
in a hard taco shell
surrounded by a tortilla*

Soft Tacos
*freshly prepared fiesta-
style meat with melted
cheese wrapped in a
warm soft taco shell* 🍕

Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg



Bacon, Egg and
Cheese Breakfast
Sandwich P

Wild West Grilled
Cheese 🌱 🍕

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken



Tuna Salad
Sandwich
*freshly made sandwich
topped with creamy tuna
salad* 🍕

Ham & Cheese
Panini
*thinly sliced ham and
melted cheese on panini
bread served hot and
toasty* P

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps



Chicken Caesar
Salad
*fresh romaine topped
with parmesan cheese,
chicken, and croutons
with dinner rolls* 🍕

Buffalo Chicken
Salad with Dinner
Rolls
*spicy chicken on a bed of
romaine lettuce with
cucumbers, carrots and
tomatoes* 🍕

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



Cauliflower
*fresh cauliflower ready to
dip in your favorite
dressing*
Garden Salad
Pineapple Cup
Fresh Banana

Broccoli Bites
Carrot Dippers
Applesauce
Diced Peaches



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