



## Weare Middle School Lunch Menu

**Student: \$2.70**

**May 2017**

**Adult: \$3.50**

Monday 5/1 Build it Your Way	Tuesday 5/2 Taste of the Bayou	Wednesday 5/3 Home Style	Thursday 5/4 Flat Bread Zone	Friday 5/5 Cinco de Mayo! Burrito Fiesta!
Build your own Personal Burger Choice of Toppings Cole Slaw Roasted Carrots Fresh Fruit	Creole Chicken Cajun Rice Confetti Corn Fresh Fruit	New England Macaroni & Cheese Dinner Roll Kale Caesar Salad Banana	Assorted Flat Bread Personal Pizza Cucumber and Tomato Salad Warm Cinnamon Apples	Create your Own Burrito Chips and Pico Black Bean & Corn Salad Apple Churro Orange Wedges
Monday 5/8 Tex-Mex Meatless Monday	Tuesday 5/9 South Beach Classic	Wednesday 5/10 On Top of Spaghetti	Thursday 5/11 Finger Licking	Friday 5/12 Asian Buffet
Cheese Quesadilla Rice and Beans Sweet Peas Fresh Fruit	Cuban Sandwich Roasted Potato Wedges Frozen Fruit Swirl	Spaghetti and Meat Sauce Parmesan Roll Broccoli Pears	Roasted Chicken Whole Grain Biscuit Green Beans Apple Crisp	General Tso Chicken Sesame Noodles Ginger Carrots Egg Roll Pineapple
Monday 5/15 Jim's Favorite!	Tuesday 5/16 Brunch-A-Lunch	Wednesday 5/17 Pasta Bar	Thursday 5/18 Taste of Ireland	Friday 5/19 Friday Lite Bites
Chicken Bacon Ranch on Whole Grain Bun Tomato Basil Salad Peaches	French Toast Sticks Baked Ham Roasted Potatoes Cinnamon Applesauce	Pasta with your Choice of Sauce and Toppings Caesar Salad Pears	Shepherd's Pie Homestyle Biscuit Garden Salad Banana	Grilled Chicken Caesar Salad Roasted Chick Peas Garlic Breadstick Strawberries and Cream
Monday 5/22 Comfort Monday	Tuesday 5/23 Taco Tuesday	Wednesday 5/24 Student's Choice	Thursday 5/25 Taste of India	Friday 5/26 Lunch Time Classic
Grilled Cheese with Bacon Tomato Soup Tater Tots Fresh Apple	Twin Tacos with Fixings Refried Beans Seasoned Rice Orange Wedges	American Chop Suey Caesar Salad Garlic Bread Fresh Fruit	Chicken Tikka Masala Curried Cauliflower Tamarind Rice Fresh Fruit	Turkey, Bacon & Cheese Melt Cucumber Salad Fresh Fruit
Monday 5/29 Memorial Day	Tuesday 5/30 Tex-Mex Tuesday	Wednesday 5/31 Say Cheese		
In remembrance of those who have sacrificed all for our country	Chicken Fajita with Fixings Cilantro Rice Sweet Peas Mixed Fruit	Baked Ziti with Meat Sauce Spinach and Romaine Salad Parmesan Breadstick Fresh Fruit		

## Try a Bite! Harvest of the Month

This month we are featuring **Radishes**

Try a Bite this month.

## Monthly Celebrations

Global Road Trip  
New Orleans, South Beach, Mexico, Asia, Ireland, India

**Cinco de Mayo**

## Deli

**Fresh Made Deli Sandwiches**

Lean meats, cheeses and daily choices of deli salads made to order on whole wheat breads & rolls with fresh vegetable toppings. Served with nutritious sides and farm fresh milk.

## Market Fresh

**Fresh Made Salads & Specialties**

Special Entrée Salads prepared fresh daily served with fresh whole wheat breads, fruit and milk. Vegetarian options offered daily.

## Pizza

**Made on site**

Whole wheat pizza dough topped with low-fat pizza cheese. New York, Sicilian, French Bread and Calzone styles are offered. Served with nutritious sides and milk.

## Café Express

**Lunch on the go**

Grab-n-Go hot sandwiches made with whole wheat breads and rolls, served with nutritious sides and milk.

Questions or Comments Please  
Contact Your  
Food Service Director  
Robin Damone  
@ 603-529-5533 or  
[weare@cafeservices.com](mailto:weare@cafeservices.com)



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We Buy Local First.

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