



MIDDLE SCHOOL Lunch Menu

Serving 3 Entrée Choices every day.
Features one rotating menu item and a daily offering of Sandwich Grab Bag or Chef Salad

APRIL 2011

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



4
BBQ Pork Rib Sandwich
Corn on the Cob,
Apple & Milk

5
Green Chili Chicken Enchiladas, Spanish Rice, Pinto Beans, Romaine Lettuce, Tomatoes, Saltines, Salsa, Banana & Milk

6
Pasta Carbonara
Sweet Peas, Pickle Spear, Orange & Milk

7
Teriyaki Chicken
Steamed Broccoli & Brown Rice, Strawberries & Milk

8
Chili Cheese Dog, Baked Beans, Tator Tots, Spinach Salad w/dressing, Canned Fruit & Milk

11
Baked Penne, Green Beans, Garlic Roll, Banana & Milk

12
Chicken Fajitas, Wheat Tortilla, Refried Beans, Spanish Rice, Fresh Plum & Milk

13
Ground Beef Stroganoff, Sweet Potatoes, Grapes & Milk

14
Asian Chicken Wrap, Spinach Salad, Cantaloupe & Milk

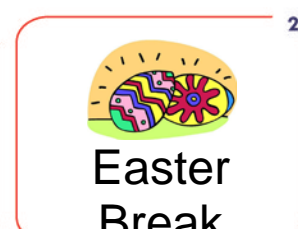
15
Bean & Cheese Burrito made with Whole Grain Tortilla, Fresh Carrot Sticks, Ranch Dressing, Canned Fruit & Milk

18
Sloppy Joe Sandwich, Sliced Pickles, Sweet Potato Fries, Apple & Milk

19
Baja Bean Taco made w/Wheat Tortilla, Roasted Potatoes, Salsa, Cantaloupe & Milk

20
Asian Pasta Salad with Whole Grain Spaghetti, Garlic Roll, Orange & Milk

21
Cheese Pizza
Spinach Salad w/dressing, Canned Fruit & Milk



25
Baked Chicken Breast
Brown Rice, Baked Butternut Squash, Pear & Milk

26
Fiesta Salad
Cantaloupe & Milk

27
Chili Beans & Cornbread, Spinach Salad, Banana & Milk

28
Lasagna
Green Beans, Whole Wheat Roll, Strawberries & Milk

29
Hamburger
Sweet Potato Fries, Romaine Lettuce, Tomato, Pickle, Canned Fruit & Milk

Prices

Breakfast
Full Pay – \$1.00
2nd Meal \$1.25
Reduced - \$.25
Adult - \$2.00

Lunch
Full Pay - \$2.25
Reduced - \$.40
2nd Meal - \$2.50
Adult - \$3.00

Breakfast 7:30-8:00 am **Everyday**

Breakfast Burritos
Muffin Squares
Graham Crackers

Biscuit & Sausage
Cereal
Bagels & Cream Cheese

Fresh and Canned Fruit
100% Fruit Juice
1% and Skim Milk

Links

Apply for Free and Reduced Lunch
Applications available on-line @ www.ruidososchools.org

Pay using our new on-line payment system also available @ www.ruidososchools.org