

MIDDLE SCHOOL LUNCH

Walker Quality Services

BASKETS

Salad
Grab n Go

	Monday	Tuesday	Wednesday	Thursday	Friday
BASKETS	<u>40QURT CHEESE PLATE</u>	<u>CORN DOGS</u> <u>FRENCH FRIES</u> <i>Mayo, mustard, ketchup</i>	<u>TURKEY SUB</u> <i>Deli Salad</i> <i>Baked Chips</i> <i>Mayo, Mustard, Ketchup</i>	<u>BURRITO</u> <i>Baked Chips</i>	<u>CHICKEN SANDWICH</u> <i>TOTS</i> <i>Mayo, Mustard, Ketchup</i>
Salad Grab n Go	<u>CHEF SALAD w/CHEESE</u>	<u>MANDARIN CHICKEN</u> <i>Salad</i>	<u>CHICKEN CAESAR SALAD</u>	<u>BEEF TACO SALAD</u>	<i>chicken salad</i>

Offered Daily

All side items from Momma's Line

Seasonal- Fresh Fruit
1% White Or Fat Free Flavored Milk
Garden Salad
Buttermilk Ranch Dressing

BASKETS & SALADS



Fruit Of The Month

GRAPEFRUIT

A Grapefruit is 92 percent water. Eating it is just one way of keeping your body hydrated. This citrus fruit is a great source of vitamin C and vitamin A. Your body needs these vitamins to stay healthy and recover after an illness, such as a cold.

Grapefruits can lower blood pressure and bad cholesterol. The grapefruit was created accidentally when a sweet orange was crossed with a pomelo, a large citrus fruit. This hybrid was created in the 1700s in Barbados.