

# Trafford Middle School Lunch February 2018

## Daily Grill Features

Hamburger/Cheeseburger  
Chicken Patty/Spicy Chicken  
Chicken Nuggets

## Daily Pizza Features

Cheese, Pepperoni  
& Sausage

## Daily Grab n Go Features

Buffalo/Chicken Ranch Wrap  
Chef Salads  
Pretzel & Yogurt Pack  
(Warm Pretzel & Cheese Sauce  
w/Go Big Yogurt)  
Pizza Munchable  
(MYO Flatbread w/Pizza Sauce, Cheese  
& Pepperoni)



In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

**4**

**Ham BBQ Sandwich**  
*PREM: Breaded Chicken Breast Sandwich*

VEG: Peas & Carrots or Celery Sticks

FRUIT: Slice Apples, Mandarin Oranges, Fruit Punch

**5**

**3 Piece Chicken Tenders**  
*PREM: Breaded Chicken Breast Sandwich*

VEG: Seasoned Corn or Cucumber Slices

FRUIT: Whole Apple, Diced Peaches, Orange Juice

**6**

**Beef & Cheese Nachos**  
*PREM: Breaded Chicken Breast Sandwich*

VEG: Seasoned Corn or Cucumber Slices

FRUIT: Whole Apple, Diced Peaches, Orange Juice

**7**

**Turkey & Cheese Pretzel Melt**  
*PREM: 4 Max Pizza Stix*

VEG: Seasoned Green Beans or Fresh Broccoli

FRUIT: Whole Apple, Diced Peaches, Orange Juice

**8**

**Grilled Cheese & Tomato Soup**  
*PREM: 4 Max Pizza Stix*

VEG: Seasoned Green Beans or Fresh Broccoli

FRUIT: Slice Apples, Mandarin Oranges, Fruit Punch

**9**

**PREM: Boneless Wings w/Twisters**

VEG: Baked Fries or Side Salad

FRUIT: Whole Apple, Diced Peaches, Orange Juice

**10**

**Warrior Chicken Bowl**  
*PREM: Breaded Chicken Breast Sandwich*

VEG: Peas & Carrots or Celery Sticks

FRUIT: Whole Apple, Diced Peaches, Orange Juice

**11**

**PREM: Boneless Wings w/Twisters**

VEG: Baked Fries or Side Salad

FRUIT: Whole Apple, Diced Peaches, Orange Juice

**12**

**Chili Cheese Fries**  
*PREM: Deep Dish Pizza*  
FUEL: Mediterranean Hummus & Chicken Topped Salad

VEG: Steamed Broccoli or Carrot Sticks

FRUIT: Whole Pears, Applesauce, Fruit Punch

**13**

**Pasta & Meat Sauce**  
*PREM: Breaded Chicken Breast/Spicy Chicken Breast Sandwich*  
FUEL: Mediterranean Hummus & Chicken Topped Salad

VEG: Seasoned Corn or Cucumber Slices

FRUIT: Whole Pears, Applesauce, Fruit Punch

**14**

**Meatball Hoagie**  
*PREM: 4 Max Pizza Stix*  
FUEL: Mediterranean Hummus & Chicken Topped Salad

VEG: Seasoned Green Beans or Fresh Broccoli

FRUIT: Whole Pears, Applesauce, Fruit Punch

**15**

**Chicken Quesadilla**  
*PREM: Breaded Chicken Breast/Spicy Chicken Breast Sandwich*  
FUEL: Mediterranean Hummus & Chicken Topped Salad

VEG: Peas & Carrots or Celery Sticks

FRUIT: Whole Pears, Applesauce, Fruit Punch

**16**

**PREM: Boneless Wings w/Twisters**  
FUEL: Mediterranean Hummus & Chicken Topped Salad

VEG: Baked Fries or Side Salad

FRUIT: Whole Pears, Applesauce, Fruit Punch

**17**

**No School**  
(2<sup>nd</sup> Snow make-up Day)

**18**

**2 Hard Beef Tacos**  
*PREM: Breaded Chicken Breast/Spicy Chicken Breast Sandwich*  
FUEL: Thai Chicken Tenders w/Rice

VEG: Seasoned Corn or Cucumber Slices

FRUIT: Whole Apples, Diced Pears, Apple Juice

**19**

**Bacon Cheeseburger**  
*PREM: 4 Max Pizza Stix*  
FUEL: Thai Chicken Tenders w/Rice

VEG: Seasoned Green Beans or Fresh Broccoli

FRUIT: Whole Apples, Diced Pears, Apple Juice

**20**

**Warrior Chicken Bowl**  
*PREM: Breaded Chicken Breast/Spicy Chicken Breast Sandwich*  
FUEL: Thai Chicken Tenders w/Rice

VEG: Peas & Carrots or Celery Sticks

FRUIT: Whole Apples, Diced Pears, Apple Juice

**21**

**PREM: Boneless Wings w/Twisters**  
FUEL: Thai Chicken Tenders w/Rice

VEG: Baked Fries or Side Salad

FRUIT: Whole Apples, Diced Pears, Apple Juice

**22**

**Pierogis w/Cooked Onions**  
*PREM: Deep Dish Pizza*

VEG: Steamed Broccoli or Carrot Sticks

FRUIT: Whole Pear, Applesauce, Grape Juice

**23**

**3 Pancakes w/Sausage**  
*PREM: Breaded Chicken Breast/Spicy Chicken Breast Sandwich*

VEG: Seasoned Corn or Cucumber Slices

FRUIT: Whole Pear, Applesauce, Grape Juice

**24**

**Ham & Cheese Pretzel Melt**  
*PREM: 4 Max Pizza Stix*

VEG: Seasoned Green Beans or Fresh Broccoli

FRUIT: Whole Pear, Applesauce, Grape Juice

**25**

**Pricing & Info**

Lunch \$2.55      Premium Lunch \$3.20

**Meals include Milk** – 1%, Chocolate, Vanilla, Skim, or Lactaid

**Make it a Meal** – Entrée + 1Fruit and/or 1Veg + Milk

*All items meet NSLP/USDA regulations.  
Direct questions to the Food Service Office.*

**26**

**Ham BBQ Sandwich**  
*PREM: Breaded Chicken Breast Sandwich*

VEG: Peas & Carrots or Celery Sticks

FRUIT: Slice Apples, Mandarin Oranges, Fruit Punch

**27**

**Grilled Cheese & Tomato Soup**  
*PREM: 4 Max Pizza Stix*

VEG: Seasoned Green Beans or Fresh Broccoli

FRUIT: Slice Apples, Mandarin Oranges, Fruit Punch

**28**

**3 Piece Chicken Tenders**  
*PREM: Breaded Chicken Breast Sandwich*

VEG: Seasoned Corn or Cucumber Slices

FRUIT: Whole Apple, Diced Peaches, Orange Juice

