



Frank Strong Middle School



IncrEdibles OFF the Grille Boar's Head Salads Market Place



\$3.50
Meal includes:
Vegetable, Fruit,
Whole Grain Roll & non-fat or
1% milk

\$3.50
Meal includes:
Vegetable, Fruit,
Served on whole grain rolls
non-fat or 1% milk

\$4.50
Meal includes:
Fresh Fruit, Veggies
Whole grain roll
non-fat or 1% milk

\$3.75
Meal includes :
w/g Dinner Roll,
Fruit,
non-fat or 1% milk

All meals come with
Our DAILY
Fruit & Veggie Choices:



Monday

**Chicken
Nugget Bar**

Hamburger



**Daily sandwich
Selections**
Tuna Salad

**Romaine Garden
Salad**

Apples or oranges
California raisins
Baby carrots & dip
Sweet potato bites

Tuesday

 **Pasta Bar**
Choice of Pasta

Firebird Sandwich

Buf-chicken salad
Turkey
Ham
Salami
Buffalo chicken brst

**Turkey Chef
Salad**

Apples or bananas
Mix berry cup
Cucumber salad
Lemon butter broccoli

Wednesday

Asian Nation
Chinese Popcorn Chicken
General tso or Sweet & sour
Served with rice & veggie

**Philly Cheesesteak
Sandwich**

**Chicken Caesar
Salad**

Apples or oranges
Chilled Peaches
Tomato & mozz salad
Potato tots

Thursday

Paco's Taco Bar
Made to Order

**Chicken
Quesadilla**

Caesar Salad

bananas or oranges
Chilled pineapple cup
Black bean salad
Corn relish salsa

Friday

 **Pizza Day**

**Mozzarella
Sticks**
\$ Ala Carte \$2.50

\$ Ala Carte \$4.00

Tuna Chef Salad
\$ Ala Carte \$3.50

Apples or oranges
Apple sauce
California raisins
Romaine garden salad
Carrot & celery sticks