

**Baker Middle School
September 2017**



Real Meal Deals Starting at \$2.65-\$4.00
 *Includes 1 Entrée, Fruit & Vegetable Side & Milk
 *Combo Includes 1 Entrée, Fruit & Veg Side, a Milk & Fries for an Additional \$1.00.



A variety of sandwiches, subs, wraps and salads available daily.

*Mindful Options Available in the Grab and Go Coolers

PIZZA
\$2.65

EVERYDAY CHOICES
Cheese & Pepperoni Pizza
See menu for daily specials

GRILL
\$2.65—\$3.25

EVERYDAY CHOICES
Hamburger, Cheeseburger, Spicy or Crispy Chicken Sandwich
Bosco Sticks Available Tuesday or Thursday
See menu for daily specials

DELI
\$4.00

EVERYDAY CHOICES
Build Your Own Deli: A variety of deli meats, cheese, fresh vegetables, breads, wraps & sauces available daily

Sides are offered daily with all meals including low-fat or fat-free milk
 A Variety of Fresh Fruits and Vegetables are available at all lines. See menu for daily Hot Vegetable featured at the Creations Station.



	Monday	Tuesday	Wednesday	Thursday	Friday
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	<p>Mindful Means... A new commitment to wellness. Mindful delivers satisfying portions that meet specific nutrition guidelines while maximizing the amount of fiber and other essential nutrients. Look for the Mindful logo to find our NEW Mindful creations available on the menu</p>				
	4	5	6	7	8
	Labor Day	Students Attend	Pasta Pronto: Pasta Bar	Mac and Cheese with Dinner Roll	French Toast Sticks with Turkey Sausage
	No School	Am Only	California Blend Vegetables	Roasted Italian Vegetables	Baked Cinnamon Apples
			Meatball Sub OR Grilled Cheese	Hot Dog OR Garden Burger	Cuban Chicken Sandwich OR Black Bean Burger
			Buffalo Chicken Pizza	Meatball Calzone	Meat Lover's Pizza
			Chicken Quesadilla	Chicken Fajitas	Beef & Cheese Nachos
	11	12	13	14	15
	Sweet & Sour Chicken with Brown Rice	Chicken Tenders with Biscuit	Pasta Pronto: Pasta Bar	Tuscan Grilled Chicken Sandwich	Chicken Nuggets with Roll
	Steamed Broccoli	Sweet Potato Fries	Steamed Green Beans	California Blend Vegetables	Baked Beans
	Philly Steak and Cheese OR Black Bean Burger	Chicken Parm Sandwich OR Gardenburger	Pulled Pork Sandwich OR Grilled Cheese	Bacon Cheeseburger OR Gardenburger	Chicken Cordon Blue OR Black Bean Burger
	BBQ Chicken Pizza	Margherita Pizza	Veggie Pizza	Sausage Pizza	Hawaiian Pizza
	Beef Tacos	Chicken Enchiladas	Beef & Cheese Nachos	Beef Enchiladas	Cheese Quesadillas
	18	19	20	21	22
	General Tso's Chicken with Brown Rice	Beefy Mac with Roll	Bosco Sticks with Sauce	Chicken Nuggets with Roll	Pasta Pronto: Cheese Ravioli OR Pasta Bar
	Ginger Carrots	Steamed Green Beans	Aztec Corn	Mashed Potatoes & Gravy	Steamed Broccoli
	Monterey Black Bean Burger	Grilled Ham & Cheese Sandwich OR Gardenburger	Meatball Sub OR Grilled Cheese	Hot Dog OR Garden Burger	Cuban Chicken Sandwich OR Black Bean Burger
	Buffalo Chicken Pizza	Sausage Pizza	Supreme Pizza	Chicken Florentine Pizza	BBQ Chicken Flat Bread
	Beef Tacos	Cheese Quesadillas	Chicken Quesadillas	Chicken Fajitas	Beef and Cheese Nachos
	25	26	27	28	29
	Orange Chicken with Fried Rice	Pasta Pronto: Pasta Bar	Drumstick with Roll	Stuffed Baked Potato	Chicken Tenders with Biscuit
	Sweet Potato Fries	Steamed Green Beans	Mashed Potatoes & Gravy	Roasted Italian Vegetables	Tater Tots
	Philly Steak and Cheese OR Black Bean Burger	Chicken Parm Sandwich OR Gardenburger	Pulled Pork Sandwich OR Grilled Cheese	Bacon Cheeseburger OR Gardenburger	Honey BBQ Chicken Sandwich
	Taco Pizza	Margherita Pizza	Bruschetta Pizza	Sausage Pizza	Chicken Bacon Ranch Pizza
	Beef Tacos	Chicken Enchiladas	Beef & Cheese Nachos	Beef Enchiladas	Cheese Quesadillas

