

Portage Public Schools  
Middle School Lunch Menu

Week 1  
September 6<sup>th</sup> -10<sup>th</sup> 2010

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Favorites	No School  Labor Day Holiday	Half Day  No Lunch Served	<b>Mom's Mashed Potato Bowl</b> Breaded Popcorn Chicken Mashed Potatoes with Gravy Steamed Corn Roll Fresh Diced Fruit	Baked BBQ Chicken Spicy Herbed Vegetables Whole Wheat Garlic Breadstick  Pineapple	<b>Nacho Bar</b> Spicy Taco Meat Corn Tortilla Shells  Cheese Sauce Lettuce, Tomatoes & Salsa Rice & Black Beans Warm Baked Apples
<b>THE FRESH GRILLE</b> Hamburgers, Cheeseburgers,  Breaded Chicken Patty Sandwiches, Veggie Burgers Offered Daily			Buffalo Chicken Wrap	BLT Burger	Fish Sandwich
  Fresh Homemade Cheese and Pepperoni * Pizza Offered Daily			Meat Lover's Pizza *	Cheese Filled Breadsticks with Dipping Sauce	Pepperoni * Calzone with Dipping Sauce
 Made to order Deli Selections Offered Daily:	Deli Turkey, Turkey Ham, and Salami * American, Pepper Jack, Provolone, & Swiss Cheeses Lettuce, Tomato & Onions, Green Peppers and Assorted Condiments Variety of fresh breads offered including one whole grain option				
 Deli Chef Salad Hummus with Pita Wedges and Veggies  Fruit & Yogurt Parfaits Offered Daily			Triple Decker Turkey Club on Whole Wheat   Mandarin Chicken Salad	Parisian Ham & Cheese Wrap  Italian Chopped Salad	Turkey & Swiss On Wheat Sub with Dijon Mustard   Chicken Caesar Salad
 WHOLE GRAIN menu item <span style="float: right;">* May contain pork products</span>					
All Lunches Include: Choice of Entrée, Choice of Vegetable/Fruit Side Dishes, and Choice of Milk. Vegetable/Fruit Side Dishes Available Daily Include: Featured Hot Vegetable(s), Tossed Side Salad w/ Light Dressing, Fresh Lettuce & Tomato Sandwich Toppings, and Fruit (Fresh, Chilled, or Juice) Low Fat Milk Choices Include: skim white milk, low fat (1%) white milk, and flavored low fat (1%) milk. Questions?? Call the Food Service Office @323-5155 or e-mail: slivingston@portageps.org Susan Livingston, Chartwells Director of Dining Service The Food Service Program prohibits discrimination based on race, color, sex, age, national origin, handicap or religion.					

Portage Public Schools  
Middle School Lunch Menu

Week 2  
September 13<sup>th</sup> -17<sup>th</sup> 2010

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Favorites	Sweet & Sour Chicken Steamed Brown Rice  Fresh Stir Fried Veggies Orange Wedges	2 for 1 Hot Dogs Chili Sauce, Sauerkraut, Diced Onions, Shredded Cheese Baked Beans Spicy Peach Cobbler	<b>Nacho Bar</b> Spicy Taco Meat Corn Tortilla Shells  Cheese Sauce Lettuce, Tomatoes & Salsa Cilantro Lime Brown Rice  Sliced Pears	Open Faced Roast Turkey in Gravy Mashed Potatoes Seasoned Corn Fresh Diced Fruit	Penne Pasta  Meat or Marinara Sauce Garlic Bread Seasoned Green Beans Fruit Cocktail
<b>THE FRESH GRILLE</b> Hamburgers, Cheeseburgers,  Breaded Chicken Patty Sandwiches, Veggie Burgers Offered Daily	BBQ Riblet Sandwich *	Hot Ham & Cheese on a Bagel	Grilled Chicken Club Sandwich *	Double Cheeseburger	Spicy Chicken Sandwich
  Fresh Homemade Cheese and Pepperoni Pizza Offered Daily	Meat Lover's Pizza *	Cheese Fingers Rip & Dip w/ Dipping Sauce	Sausage Pizza *	Buffalo Chicken Pizza	Hawaiian Pizza *
 Made to order Deli Selections Offered Daily:	Made to Order Sandwich Bar	Made to Order Sandwich Bar	Made to Order Sandwich Bar	Made to Order Sandwich Bar	Made to Order Sandwich Bar
Deli Turkey, Turkey Ham, and Salami * American, Pepper Jack, Provolone, & Swiss Cheeses Lettuce, Tomato & Onions, Green Peppers and Assorted Condiments Variety of fresh breads offered including one whole grain option					
 Deli Chef Salad Hummus with Pita Wedges and Veggies  Fruit & Yogurt Parfaits Offered Daily	Chicken Salad on Whole Wheat   Turkey Club Salad *	Crispy Cheddar Chicken Wrap  Greek Salad	Little Italy Wrap *  Strawberry Spinach Salad w/ Poppy Seed Dressing	Turkey Pita Fold w/ Lettuce, Tomato and Dill Mayo   Taco Salad 	Bistro Roast Beef Bagel w/ Dijon Horseradish Mayo  Grilled Chicken Salad
 WHOLE GRAIN menu item <span style="float: right;">* May contain pork products</span>					
All Lunches Include: Choice of Entrée, Choice of Vegetable/Fruit Side Dishes, and Choice of Milk. Vegetable/Fruit Side Dishes Available Daily Include: Featured Hot Vegetable(s), Tossed Side Salad w/ Light Dressing, Fresh Lettuce & Tomato Sandwich Toppings, and Fruit (Fresh, Chilled, or Juice) Low Fat Milk Choices Include: skim white milk, low fat (1%) white milk, and flavored low fat (1%) milk. Questions?? Call the Food Service Office @323-5155 or e-mail: slivingston@portageps.org Susan Livingston, Chartwells Director of Dining Service					
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Portage Public Schools  
Middle School Lunch Menu

Week 3  
September 20<sup>th</sup> - 24<sup>th</sup> 2010

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Favorites	Salisbury Steak Mashed Potatoes Beef Gravy Glazed Carrots Sliced Pears	<b>Nacho Bar</b> Spicy Taco Meat Corn Tortilla Shells Cheese Sauce Lettuce, Tomatoes & Salsa Cilantro Lime Brown Rice Applesauce	Chicken Parmesan Seasoned Pasta Sweet Green Peas Fruit Cocktail	<b>Breakfast Bar</b> French Toast Scrambled Eggs Sausage Patty* Hash browns Fresh Fruit Juice	Herb Roasted Chicken Dinner Roll Rice Pilaf Seasoned Corn Pineapple
<b>THE FRESH GRILLE</b> Hamburgers, Cheeseburgers, Breaded Chicken Patty Sandwiches, Veggie Burgers Offered Daily	Spicy Chicken Tenders	Turkey Burger	Cheeseburger Sliders	Buffalo Popcorn Chicken	Philly Cheese Steak Sandwich
 Fresh Homemade Cheese and Pepperoni Pizza Offered Daily	Meat Lover's Pizza *	Canyon Resort Pizza	Ham & Cheese Calzone	Mexican Pita Pizza*	Cheese Filled Breadsticks with Sauce
 Made to order Deli Selections Offered Daily:	Made to Order Sandwich Bar	Made to Order Sandwich Bar	Made to Order Sandwich Bar	Made to Order Sandwich Bar	Made to Order Sandwich Bar
Deli Turkey, Turkey Ham, and Salami * American, Pepper Jack, Provolone, & Swiss Cheeses Lettuce, Tomato & Onions, Green Peppers and Assorted Condiments Variety of fresh breads offered including one whole grain option*					
 Deli Chef Salad Hummus with Pita Wedges and Veggies Fruit & Yogurt Parfaits Offered Daily	Catalina Turkey Salad  Caesar Wrap	Spicy Breaded Chicken Caesar Salad  Turkey Club Bagel*	Monterey Ranch Chicken Salad  Italian Hoagie *	Taco Salad  Chicken Ranch Wrap	Chunky Tuna Salad  Veggie Bagel
<p> WHOLE GRAIN menu item <span style="float: right;">* May contain pork products</span></p> <p>All Lunches Include: Choice of Entrée, Choice of Vegetable/Fruit Side Dishes, and Choice of Milk.</p> <p>Vegetable/Fruit Side Dishes Available Daily Include: Featured Hot Vegetable(s), Tossed Side Salad w/ Light Dressing, Fresh Lettuce &amp; Tomato Sandwich Toppings, and Fruit (Fresh, Chilled, or Juice)</p> <p>Low Fat Milk Choices Include: skim white milk, low fat (1%) white milk, and flavored low fat (1%) milk.</p> <p>Questions?? Call the Food Service Office @323-5155 or e-mail: <a href="mailto:slivingston@portageps.org">slivingston@portageps.org</a>            Susan Livingston, Chartwells Director of Dining Service</p> <p style="text-align: center;"><small>The Food Service Program prohibits discrimination based on race, color, sex, age, national origin, handicap or religion.</small></p>					

# Portage Public Schools Middle School Lunch Menu

Week 4  
September 27<sup>th</sup> – October 1<sup>st</sup> 2010

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Favorites	Bow Tie Pasta Marinara Sauce Steamed Broccoli Warm Baked Apples	<b>Mom's Mashed Potato Bowl</b> Breaded Chicken Tenders Mashed Potatoes Chicken Gravy Steamed Corn Whole Grain Roll  Peaches	Puerto Rican Citrus Pork * Rice & Black Beans  Homemade Salsa Pineapple Chunks	Sweet & Sour Chicken Steamed Brown Rice  Fresh Stir Fried Veggies Orange Wedges	Open Faced Pot Roast Sandwich Roasted Carrots & Onions Rosy Applesauce
<b>THE FRESH GRILLE</b> Hamburgers, Cheeseburgers,  Breaded Chicken Patty Sandwiches, Veggie Burgers Offered Daily	Mini Corn Dogs 	Fish Sandwich	BBQ Chicken Sandwich	Roast Beef & Cheddar Sandwich	Buffalo Chicken Sliders
  Fresh Homemade Cheese and Pepperoni Pizza Offered Daily	Philly Cheese Steak Pizza	Pepperoni Stromboli *	Bruschetta Pizza	Hawaiian Pizza *	Meat Lover's Pizza *
 Made to order Deli Selections Offered Daily:	Made to Order Sandwich Bar	Made to Order Sandwich Bar	Made to Order Sandwich Bar	Made to Order Sandwich Bar	Made to Order Sandwich Bar
Deli Turkey, Turkey Ham, and Salami * American, Pepper Jack, Provolone, & Swiss Cheeses Lettuce, Tomato & Onions, Green Peppers and Assorted Condiments Variety of fresh breads offered including one whole grain option*					
 Deli Chef Salad Hummus with Pita Wedges and Veggies  Fruit & Yogurt Parfaits Offered Daily	Southwest Corn & Black Bean Salad  Santa Fe Turkey & Cheddar Wrap	Cobb Salad  Pita w/ Greek Marinated Veggies & Feta*	Turkey Club Salad  Health Club Sub w/ Turkey, Roast Beef & Ham	Caribbean Chicken Pasta Salad w/ Spicy Dressing  Tuna Salad Wrap	Crispy Chicken Popper Salad  Turkey BLT Wrap
 <b>WHOLE GRAIN</b> menu item <span style="float: right;">* May contain pork products</span>					
All Lunches Include: Choice of Entrée, Choice of Vegetable/Fruit Side Dishes, and Choice of Milk. Vegetable/Fruit Side Dishes Available Daily Include: Featured Hot Vegetable(s), Tossed Side Salad w/ Light Dressing, Fresh Lettuce & Tomato Sandwich Toppings, and Fruit (Fresh, Chilled, or Juice) Low Fat Milk Choices Include: skim white milk, low fat (1%) white milk, and flavored low fat (1%) milk. Questions?? Call the Food Service Office @323-5155 or e-mail: <a href="mailto:slivingston@portageps.org">slivingston@portageps.org</a> Susan Livingston, Chartwells Director of Dining Service The Food Service Program prohibits discrimination based on race, color, sex, age, national origin, handicap or religion.					

# Portage Public Schools Middle School Lunch Menu

Week 5  
October 4<sup>th</sup> - 8<sup>th</sup> 2010

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Favorites	Spaghetti or Penne Pasta 🍴 Marinara Sauce Meatballs Homemade Garlic Breadstick Seasoned Green Beans Cinnamon Apples	<b>Nacho Bar</b> Spicy Taco Meat Corn Tortilla Shells 🍴 Cheese Sauce Lettuce, Tomatoes & Salsa Cilantro Lime Brown Rice 🍴 Pineapple	Vegetarian Chili with Pasta 🍴 Homemade Cornbread Carrot Fries Sliced Pears	Chicken Noodles Seasoned Green Peas Mandarin Oranges	<b>Breakfast Bar</b> French Toast 🍴 Scrambled Eggs Sausage Patty* Hash browns Fresh Fruit
<b>THE FRESH GRILLE</b> Hamburgers, Cheeseburgers, 🍴 Breaded Chicken Patty Sandwiches, Veggie Burgers Offered Daily	Chicken Nuggets	BBQ Riblet Sandwich *	Breaded Chicken Cordon Blue Sandwich 🍴	Austin Steak Twister	Sloppy Joe
 🍴 Fresh Homemade Cheese and Pepperoni Pizza Offered Daily	Cajun Chicken Pizza	Meatball Pizza	Hot Taco Pocket	Rip & Dips	Meat Lover's Stromboli *
 Made to order Deli Selections Offered Daily:	Made to Order Sandwich Bar	Made to Order Sandwich Bar	Made to Order Sandwich Bar	Made to Order Sandwich Bar	Made to Order Sandwich Bar
Deli Turkey, Turkey Ham, and Salami * American, Pepper Jack, Provolone, & Swiss Cheeses Lettuce, Tomato & Onions, Green Peppers and Assorted Condiments Variety of fresh breads offered including one whole grain option*					
 Deli Chef Salad Hummus with Pita Wedges and Veggies 🍴 Fruit & Yogurt Parfaits Offered Daily	Southwestern Pasta Salad 🍴 Buffalo Popper Chicken Wrap	Strawberry Spinach Salad Italian Chicken & Cheese Wrap	Chicken Caesar Salad Chicken Salad Croissant	Sicilian Pasta Salad 🍴 Roasted Vegetables & Turkey Pita	Greek Salad Chicken Caesar Wrap

🍴 WHOLE GRAIN menu item

\* May contain pork products

All Lunches Include: Choice of Entrée, Choice of Vegetable/Fruit Side Dishes, and Choice of Milk.

Vegetable/Fruit Side Dishes Available Daily Include: Featured Hot Vegetable(s), Tossed Side Salad w/ Light Dressing, Fresh Lettuce & Tomato Sandwich Toppings, and Fruit (Fresh, Chilled, or Juice)

Low Fat Milk Choices Include: skim white milk, low fat (1%) white milk, and flavored low fat (1%) milk.

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