


**WORTHINGTON CITY SCHOOLS
MIDDLE MENU SCHOOL YEAR 2011-2012**

AUG - SEPT					OCTOBER					NOVEMBER					DECEMBER					JANUARY					FEBRUARY									
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
n/s	23	24	25	26	3	4	5	6	7	1	2	3	4	5	6	7	8	9	n/s	3	4	5	6	1	2	3	4	5	6	7	8	9	10	
29	30	31	1	2	10	11	12	13	N/S	7	8	9	10	N/S	12	13	14	15	16	9	10	11	12	N/S	13	14	15	16	17					
HLDY	6	7	8	9	17	18	19	20	21	14	15	16	17	18	19	20	21			N/S	17	18	19	20	21	22	23	24	25					
12	13	14	15	16	24	25	26	27	28	21	22	THANKSGIVING			23	24	25	26	27	23	24	25	26	27	N/S	21	22	23	24					
19	20	21	22	N/S	31					28	29	30			Holiday Vacation					30	31				27	28	29							
26	27	28	29	30	MARCH					APRIL					MAY - JUNE					Lunch Prices														
					M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	Daily \$3.00 Reduced .40														
								1	2							1	2	3	4	Weekly \$15.00 Reduced \$2.00														
					5	6	7	8	9	9	10	11	12	13	7	8	9	10	11	Extra Milk \$.50														
					12	13	14	15	16	16	17	18	19	20	14	15	16	17	18															
					19	20	21	22	23	23	24	25	26	27	21	22	23	24	25															
					26	27	28	29	30	30					HLDY	29	30	31																

CHECK THE DATE ABOVE, NOTE THE COLOR OF THE WEEK, REFER TO THAT LUNCH MENU COLOR BELOW.

Parents are responsible for making sure students have money in their meal accounts.

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Chicken & Chs. Quesadilla OR Peanut Butter *Bagel Mixed Vegetables Peaches Pudding	* 2 For Tuesday Hot Dog OR Fruit & Yogurt /Grahams Baked Beans Sidekick frozen fruit	* Branded Chs or Pep. Pizza OR Cook's Special Salad/low-fat dressing Fresh Apple	*French Toast w/Sausage OR *French Tst. w/Chs. Omelet Hash Brown Potato 100% Fruit Juice	*Cheeseburger/Hamburger OR PB & J *Sandwich or Wafer Pickle Oven Fries Pears/ *Cookie
Asian Food Special w/rice Or Cook's Choice Oriental Vegetables Mandarin Oranges Fortune Cookie	2 *Soft Taco Tuesday OR 2 *Soft Cheese Only Wraps Mexican Rice or Beans Pineapple tidbits	*Grilled Cheese OR *Corn Dog Tomato Soup * Goldfish Crackers Mixed Fruit	Grilled Chicken Patty/*Bun OR Baked Potato/Cheese/*Roll Fresh Vegetables/Dip Fresh Apple Fruited Jell-O	*Specialty Pizza OR PB & J *Sandwich or Wafer Corn Peaches
*Chicken Patty on Bun OR *Crispy Fish Sandwich *Baked Chips Applesauce Fresh Vegetables/ Dip	2 Mini Hamburger*Sliders OR Mini Cheeseburger *Sliders or 2 Mini Cheese Sliders Sweet Potato Puffs Pickle & Fresh Pear	*Cheese Filled Stixs w/sauce OR Yogurt & Fruit Parfait Green beans Fresh Grapes/Birthday Treat	Crispy Chicken Bowl (chick ,mash pot,corn,chs) OR Cook's Choice Corn Mixed fruit	*Cheese Flatbread Pizza OR Peanut butter* Sandwich Mixed Green Salad Fruit Crisp
Meatball *Sub Sandwich w/sauce & mozz. cheese OR Egg & Cheese *Bagel Vegetable Medley Pears Crisp treat	*2 Chicken Wrap Tuesday w/ lettuce & cheese OR Yogurt w/Graham Crackers and cheese stick Mixed Green Salad/dressing Fresh Apple	Macaroni & Cheese *Mini Soft Pretzels OR BBQ Pork *Sandwich Broccoli Fruit Cocktail	*Corn dog OR PB & J *Sandwich Oven Fries Strawberries Angel Food / White Cake	*Big Daddy Pizza *Cheese Pizza *Pepperoni Pizza OR Cook's Choice Green Beans Orange wedges

LUNCH INCLUDES 1/2 PINT OF 1% WHITE OR FAT FREE FLAVORED MILK -- MEAL SUBSTITUTIONS MAY BE NECESSARY

SAVE MONEY: EAT SCHOOL LUNCH

On average it costs less to buy a school lunch than to bring a lunch from home. The estimated national average cost of a packed lunch is \$3.43.* Compared to lunches from home, school lunches contain: three times as many dairy products, twice as much fruit, and seven times the vegetable amounts.

School Lunch vs. Bagged Lunch

\$3.00 \$3.43

*According to a meal cost analysis by Alive Jo Rainville, PhD, of Eastern Mich. Univ.

FOR YOUR CONVENIENCE CHECK OUT PAYING ON-LINE AT WWW.MEALPAYPLUS.COM

Please refer to Fall BREAKFAST MENU

BREAKFAST W/ MILK - \$1.55 - REDUCED - \$0.30 - EXTRA MILK - \$.50

Chef Salad /Cheese w/crackers & fruit are offered to meet an alternative meal	Fresh Fruit & Vegetables will be offered as often as possible on a daily menu	Breading on all items now are Whole Grain NO Deep frying in District	Milk included with all meals White Milk 1% All flavored Milk is Fat Free	Menus are SUBJECT TO CHANGE Without Notice Due to availability
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* Breading or Bun is Whole Grain

www.worthington.k12.oh.us/lunch_menus.php

This institution is an equal opportunity provider