

# FUEL ZONE CAFE

## MIDDLE SCHOOL Lunch Menu

Students \$2.70 Reduced \$0.40  
Adults \$4.35 Sr. Citizens \$2.85

# DECEMBER 2017



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**FRESH PICKS**



#### Mini Corn Dogs

Seasoned Baked Fries  
Garden Fresh Salad  
Oven Roasted Carrots

#### Meatball Sub **WG**

Fresh Garden Salad  
Steamed Veggie Mix  
Red Pepper Strips

#### Pancakes w/Syrup

Scrambled Eggs  
Tater Tots  
Crisp Baby Carrots

#### Walking Taco

Zesty Spanish Rice  
Mexi-Corn  
Romaine Lettuce  
Fresh Diced Tomatoes

#### Pulled BBQ Pork on a Bun **WG**

Sweet Potato Waffle Fries **FP**  
Romaine Salad

#### Chicken & Cheese Quesadilla

Pinto Beans  
Crisp Romaine Lettuce  
Salsa

#### Wild Rice Chili

Garden Fresh Salad  
Dinner Roll **WG**  
Steamed Veggie Mix

#### Mini Corn Dogs

Mashed Potatoes  
Seasoned Baby Carrots  
Sweet Green Peas

#### Orange Chicken

Brown Rice  
Mixed Veggies  
Oven Roasted Broccoli

#### Meatballs Marinara

Penne Pasta  
Garlic Breadstick **WG**  
Mixed Steamed Veggies

#### Cheesy Buffalo Nachos

Celery Sticks  
Crisp Romaine Lettuce  
Fresh Diced Tomatoes

#### Pancakes w/Syrup

Scrambled Eggs  
Tater Tots  
Crisp Baby Carrots

#### Pizza Dippers w/Marinara

Garden Fresh Salad  
Seasoned Corn  
Green Beans

#### Mini Corn Dogs

Sweet Potato Waffle Fries **FP**  
Steamed Veggie Mix

#### Golden Chicken Nuggets

Brown Rice  
Orange Glazed Carrots  
Fresh Broccoli Buds

Winter Break

Winter Break

Winter Break

Winter Break

Winter Break

**Specials**  
**\$3.70**

**Full of Flavor!**  
Monday & Wednesday

**Build Your Own Burrito!**  
Choose from seasoned chicken or beef, beans, cheese and assorted fresh toppings

**The Grille**  
**\$2.70**

**Served Daily:**

Hamburger  
Cheeseburger  
Chicken Sandwich  
Chef's Choice

**The Deli**  
**\$3.30**

Tuesday ~  
Thursday ~ Friday

**Made-to-order Subs**  
Turkey  
Ham  
Salami

**Bravo**  
**\$3.30**

**Pizzeria style pizzas made fresh daily:**

Cheese  
Pepperoni  
Sausage  
Pepperoni & Sausage  
Chef's Choice  
New BBQ  
Chicken Pizza!

**GOOD to GO**

**On the run? Pre-Made Entrees Good To Go:**

Subs  
Wraps  
Salads  
Fruit Parfaits  
Meal \$2.70-\$3.70

**A'viands**

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**Menu Key:** **FP** = Fresh Pick • **WG** = Whole Grain