



Golden West Middle School LUNCH MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
FAVORITES	Hand Rolled Bean & Cheese Burrito	Popcorn Chicken Tater Tots	Mashed Potato Bowl	Orange Chicken Brown Rice Veggies	Corn Dog
GRILL	Toasted Grilled Cheese	Cheeseburger	BBQ Rib Sandwich	Meatball Sub	Beef Nachos
PIZZA	Pepperoni Cheese	Pepperoni Cheese	Pepperoni Cheese	Pepperoni Cheese	Pepperoni Cheese
SIDES	Fresh Fruit Garden Salad Carrots Green Beans	Fresh Fruit Caesar Salad Corn Broccoli	Fresh Fruit Garden Salad Pinto Beans Tomatoes	Fresh Fruit Jicama Cucumber Carrots	Fresh Fruit Garden Salad Celery
BREAKFAST	Waffle & Sausage	Breakfast Pizza	Fresh Baked Blueberry Muffin	Pancake on a Stick	Egg Ham and Cheese Sandwich

A reimbursable Lunch includes at least $\frac{1}{2}$ cup of fruit or vegetable with 2 other components. **All meals include a variety of fresh & chilled fruits and vegetables and choice of 1% low fat or nonfat chocolate milk**

Menu subject to change without notice

The USDA is an equal opportunity employer.