


# McDowell Middle School 2022-23 Menu

MENU #1	MONDAY	Corn Dog Baked Beans Corn Apple Milk	TUESDAY	Chicken Nuggets BBQ Sauce Mashed Potatoes, Roll Green Beans Peaches Milk	WEDNESDAY	Orange Glazed Chicken Steamed Rice Broccoli Pineapple Milk	THURSDAY	Large Salad w/Grilled Chicken & Cheese Salad Dressing Roll & Gold Rush Juice Raisins Milk	FRIDAY	Pizza Day French Fries Slush Applesauce Milk
	MONDAY	Quesadilla Salsa Cup Corn Strawberry Cup Milk	TUESDAY	Pulled BBQ Pork on Bun Baked Beans Potato Wedges Apple Milk	WEDNESDAY	Ham & Cheese Sandwich Sun Chips Lettuce, Tomato Green Beans Orange Milk	THURSDAY	Crispy Chicken Patty on Bun Hot Sauce Lettuce, Pickle, Tomato Broccoli w/Cheese Applesauce /Milk	FRIDAY	Pizza Sticks Marinara Cup Salad w/Dressing Grapes Pretzels Milk
	MONDAY	Crispy Chicken Strips BBQ Sauce Mashed Potatoes/Gravy Roll Gold Rush Juice Craisins/Milk	TUESDAY	Hot Dog on Bun Chili Soup/Crackers Green Beans Fruit Slush Applesauce Milk	WEDNESDAY	Cheese Burger on Bun Pickles Baked Beans French Fries Peaches Milk	THURSDAY	Lasagna Roll Breadstick Romaine Salad w/Dressing Carrots w/Ranch Fruit Punch Juice & Milk	FRIDAY	Walking Taco w/Doritos & Cheese Salsa & Lettuce Cup Fiesta Corn Pears Milk
	MONDAY	Grilled Cheese Sandwich Tomato Soup w/Crackers Green Beans Apple Milk	TUESDAY	Oven Baked Chicken Macaroni & Cheese Baked Beans Corn Applesauce Milk	WEDNESDAY	Sausage & Cheese Breakfast Sandwich Potato Wedges Juice Cup Milk	THURSDAY	Pulled BBQ Pork on Bun Steamed Broccoli French Fries Banana Milk	FRIDAY	Mexican Pizza Tossed Salad w/Dressing Carrots w/Ranch Dip Mixed Fruit Milk
	MONDAY	Crispy Chicken & Waffles w/Maple Syrup Cup Potato Wedges Slush Strawberry Cup Milk	TUESDAY	Cheese Burger on Bun Sliced Tomato & Pickle French Fries Apple Milk	WEDNESDAY	Baked Rotini Tossed Salad w/Dressing Carrots w/Ranch Dip Grapes Milk	THURSDAY	Crispy Chicken Patty on Bun Green Beans Baked Beans Mixed Fruit Milk	FRIDAY	Pizza Sticks w/Marinara Broccoli Corn Peaches Milk

### BREAKFAST MENU

MON	Muffin String Cheese Fruit Juice/Milk
TUES	Mini Donuts Raisins Fruit Juice/Milk
WED	Peanut Butter Sandwich Apple Juice/Milk
THURS	Yogurt Crackers Fruit Juice/Milk
FRI	Cereal Bar String Cheese Juice Fruit /Milk

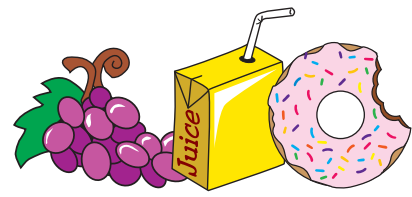


### Prices

Elementary (K-6) Lunch .....\$3.00  
 Junior High Lunch .....\$3.25  
 High School Lunch .....\$3.25  
 Reduced Lunch .....\$.40

Extra Milk.....\$.75  
 Adult meals.....\$4.00  
 Breakfast price.....\$2.00  
 Reduced price .....\$.30

Breakfast is available in our school cafeteria every morning after bus departure. Free and reduced benefits apply.



**Menu is subject to change.**

**Follow the menu with its calendar day. Each week is represented by a color and represents a 5-week cycle menu.**

This institution is an equal opportunity provider.

AUGUST 2022	SEPTEMBER 2022	OCTOBER 2022	NOVEMBER 2022	DECEMBER 2022	JANUARY 2023	FEBRUARY 2023	MARCH 2023	APRIL 2023	MAY 2023
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6	1 2 3	2 3 4 5 6 7 8	1 2 3 4 5	1 2 3	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4	1	1 2 3 4 5 6
7 8 9 10 11 12 13	4 5 6 7 8 9 10	9 10 11 12 13 14 15	6 7 8 9 10 11 12	4 5 6 7 8 9 10	8 9 10 11 12 13 14	5 6 7 8 9 10 11	5 6 7 8 9 10 11	2 3 4 5 6 7 8	7 8 9 10 11 12 13
14 15 16 17 18 19 20	11 12 13 14 15 16 17	16 17 18 19 20 21 22	13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21	12 13 14 15 16 17 18	12 13 14 15 16 17 18	9 10 11 12 13 14 15	14 15 16 17 18 19 20
21 22 23 24 25 26 27	18 19 20 21 22 23 24	23 24 25 26 27 28 29	20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28	19 20 21 22 23 24 25	19 20 21 22 23 24 25	16 17 18 19 20 21 22	21 22 23 24 25 26 27
28 29 30 31	25 26 27 28 29 30	30 31	27 28 29 30	25 26 27 28 29 30 31	29 30 31	26 27 28	26 27 28 29 30 31	23 24 25 26 27 28 29	28 29 30 31

**Holiday Meal Dates:** November 15, 2022 Thanksgiving Meal—Turkey & Dressing • December 20, 2022— Chicken & Noodles • April 4, 2023 Chicken & Noodles