***Hale Middle School***

*News*

*Served Daily*

PB&J/WG Bread & String Cheese

Cold Meat on WG Bun

Condiment

Fresh Fruit

Fresh Vegetable

Mixed Green Salad

1% WHITE OR FAT FREE CHOCOLATE MILK

All Menu items are

(WG) Whole Grains

LOOK FOR THE MENU ON THE WEB:

HALESCHOOLS.NET

CLICK ON FOODSERVICE/MENU

WEEKLY

REIMBURSEMENT REQUIREMENT FOR

6-8 Grades

Calories-550-650

Meats/Meat Alternates 8-10

Grains 8-9 serving

½ cup of Fruit or Vegetable daily

“USDA is an equal opportunity provider and employer

**No School**

**TACO Meat**

**Tortilla Shell**

**Corn/Ref. Beans**

**Shredded Cheese**

**Apple**

**Chicken Tenders**

**Biscuits**

**Cheesy Hash browns**

**3 Bean Salad**

**100% Juice**

**Spaghetti**

**WG Bread stick**

**Broccoli Salad**

**Chilled Pineapple**

**Calzone**

**Sweet Potato Fries**

**Sorbets**

**Tacos**

**Salsa**

**Black Bean Salad**

**Fresh Spinach**

**Applesauce**

**Chicken and Waffles**

**Peas**

**Pasta Salad**

**Banana**

**Turkey or Ham**

**Sandwich**

**Fresh Carrots**

**100% Juice**

**CALZONE**

**Green Beans**

**Broccoli Salad**

**Pineapple**

**Corn Dog**

**Toss Salad W/ Spinach**

**Pears**

**NACHO CHEESE**

**Tortilla Chips**

**Refried Bean**

**Celery & carrot sticks Salsa**

**Peaches**

**Fish Sticks**

**Dinner Roll**

**Cheesy Hash browns**

**Mixed Fruit**

**Grilled Chicken**

**WG Bun**

**Corn**

**Banana**

**Stromboli**

**Sweet Potato Fries**

**Apple**

**BBQ Pork**

**WG Bun**

**Toss Salad W Fresh Spinach**

**Peaches**

**Nacho Cheese**

**Tortilla Chips**

**Refried Beans Salsa**

**Carrot and Celery Sticks**

**100% Juice**

 **Chicken Nuggets**

**WG Dinner Roll**

**Mashed Potatoes**

**Sliced Cucumber**

**Chilled Pineapple**

**Teriyaki Dippers**

 **WG Dinner Roll**

**WG Rice**

**Fresh Cauliflower**

 ***Orange***

**Homemade Pizza**

**Green Beans**

 **Grapes**

**Hot Dog**

**WG Bun**

**Chips**

**Meatless Chili**

**Spinach**

**Pears**

**Hamburger**

**WG Bun**

**Sliced Cheese**

**Fries**

**Peaches**

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