

A selection of fruit & milk available with all meals. Check school website uplifteducation.org for additional information and updates.

AUGUST 2022

Middle School

Breakfast: FREE
Lunch:
Free & Reduced: Free
Paid: \$2.95
Menu Subject To Change

Monday

Lunch: **1**

Chopped Beef
Or Chopped Beef Sandwich,
Onion & Pickle Cup
Green Beans & Cole Slaw

Lunch: **8**

BBQ Drumstick or
Breaded Drumstick
Wheat Roll, Garden Salad &
Parmesan Roasted Broccoli

Lunch: **15**

Chicken Or Spicy Sandwich,
Lettuce Cup
& Pinto Beans

Lunch: **22**

Chopped Beef
Or BBQ Beef Sandwich,
Onion & Pickle Cup
Green Beans & Cole Slaw

Lunch: **29**

BBQ Drumstick or
Breaded Drumstick
Wheat Roll, Garden Salad &
Green Beans

Tuesday

Lunch: **2**

Chicken Or Buffalo Wings,
Wheat Roll
Carrot & Celery W/Ranch
& Flamed Roasted Corn

Lunch: **9**

Chicken Tenders Or Spicy
Tenders W/Texas Toast,
Corn
& Roasted Red Potato

Lunch: **16**

Corndogs
Mixed Veggies &
Sweet Potato Fries

Lunch: **23**

Chicken Or Buffalo Wings,
Wheat Roll
Carrot & Celery W/Ranch
Flame Roasted Corn

Lunch: **30**

Dill Chicken Chunk
Or Spicy Tenders
W/Texas Toast,
Mashed Potatoes & Corn

Wednesday

Lunch: **3**

Hamburger Or
Cheeseburger, Burger Cups,
Crinkle Cut Fries
& Green Beans

Lunch: **10**

Hot Dog or Chili Dogs
W/BBQ Baked Beans
& Steamed Broccoli

Lunch: **17**

Turkey Sandwich
or Chicken Fajita Sandwich
Lettuce Cups, Baked Chips
& Carrot Sticks

Lunch: **24**

Hamburger Or
Cheeseburger, Burger Cups,
Potato Wedges
& Green Beans

Lunch: **31**

Hot Dog or Chili Dogs
W/BBQ Baked Beans
& Steamed Broccoli

Thursday

Lunch: **4**

Street Taco's w/Taco Cups
Or Beef Enchiladas
Roasted Corn & Peppers
& Pinto Beans

Lunch: **11**

Chicken Fajita Bowl
W/Cilantro Lime Rice,
Steamed Carrots
& Mix Veggies

Lunch: **18**

Beef Carne Guisada Bowl
W/Cilantro Rice
Broccoli & Corn

Lunch: **25**

Street Taco's w/Taco Cups
Or Beef Enchiladas
& Pinto Beans

Friday

Lunch: **5**

Pepperoni or
Cheese Pizza,
Steamed Carrots
& Broccoli

Lunch: **12**

Veggie Pizza
Or Pepperoni Pizza,
Tomato W/Ranch
& Cucumbers

Lunch: **19**

Pepperoni Pizza
Or Veggie Pizza,
Garden Salad
& Green Beans

Lunch: **26**

Pepperoni or
Cheese Pizza,
Steamed Carrots
& Broccoli

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