

LUMBERTON MIDDLE SCHOOL

SEPTEMBER 2019

FAST TAKES



EVERYDAY CHOICES

Assorted Sandwiches,
Parfaits & Bento Boxes
and

Daily Featured Salads

Tier 2- Specialty Wraps/Salads

GRILL

MORE CHOICES

Hamburger, Cheeseburger,
Chicken Patty Sandwich, Spicy Chicken Sandwich,
and Daily Specials

PIZZA

Plain Pizza Offered Daily ~ Specialty Pizzas on Fridays

RIVIERA PIZZA DAY 9/27



SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Fruit and Vegetables, Romaine or Spinach Salad, Carrot Sticks and Low Fat or Fat Free Milk

<p>9/2</p> <p>LABOR DAY NO SCHOOL</p>	<p>9/3</p> <p>SCHOOL CLOSED</p>	<p>9/4</p> <p>SCHOOL CLOSED</p>	<p>9/5</p> <p>Triple Dipper: Chicken Bites w/Soft Pretzel Stick Homestyle Baked Beans Tier 3- Rib e Que Sandwich</p>	<p>9/6</p> <p>Big Daddy's Bold Pizza Cheese or Pepperoni Steamed Green Beans Tier 3- Specialty Pizza</p>
<p>9/9</p> <p>French Toast Sticks w/Sausage Links Sweet Potato Fries Tier 3- Egg & Cheese Tornado</p>	<p>9/10</p> <p>Chicken in a Basket w/Buttermilk Biscuit Waffle Fries Tier 3- Hot Dog Bar</p>	<p>9/11</p> <p>Old Fashioned Mac & Cheese w/Dinner Roll Steamed Broccoli & Stewed Tomatoes Tier 3- Mac & Cheese Bowl</p>	<p>9/12</p> <p>Twin Tacos or Build a Burrito Bowl Southwest Black Beans Tier 3- Beef Tornado</p>	<p>9/13</p> <p>Cheese or Pepperoni Pizza Open Faced Hot Turkey Sandwich Steamed Peas Tier 3- Specialty Pizza</p>
<p>9/16</p> <p>Grilled Cheese w/Tomato Soup Steamed Carrot Coins Tier 3- Bacon Double Cheeseburger</p>	<p>9/17</p> <p>Crispy Chicken Bowl w/Roll Mashed Potatoes & Corn Tier 3- Buffalo Chicken Cheesesteak</p>	<p>9/18</p> <p>General Tso's Chicken w/Brown Rice Steamed Broccoli Tier 3- Add an Egg Roll</p>	<p>9/19</p> <p>Nachos Supreme Beef or Chicken Vegetarian Refried Beans Tier 3- Chicken Tornado</p>	<p>9/20</p> <p>NEW!! Cheesy Garlic Flatbread Green Pepper Strips Tier 3- Specialty Pizza</p>
<p>9/23</p> <p>Fluffy Pancakes w/Sausage Patty Cinnamon Sweet Potato Fries Tier 3- "Philly" Cheesesteak</p>	<p>9/24</p> <p>Chicken Tenders or Loaded Tots w/Buttermilk Biscuit Tater Tots Tier 3- BBQ Chicken Cheddar Melt</p>	<p>9/25</p> <p>Spaghetti & Meatballs w/ Garlic Breadstick Roasted Broccoli Tier 3- Meatball Parm</p>	<p>9/26</p> <p>NEW!! Hot Ham & Cheese Sliders Roasted Chickpeas/ Fries Tier 3- Southern Tender Sandwich</p>	<p>9/27</p> <p>**RIVIERA PIZZA DAY** Parmesan Green Beans</p>
<p>9/30</p> <p>Mozzarella Sticks w/Marinara Sauce Steamed Carrots Tier 3- Crispy Chicken BLT</p>				