

Starpoint Middle School Lunch Menu

Grade 6-8 \$2.20 Pre-Pay Full or Reduced Lunches Available Weekly, Monthly, or yearly. Please make checks payable to Starpoint CSD.

June 2019



*Have A Wonderful and Safe Summer!
See You in September!*

Menu is subject to change.



Lunch Fact

My Plate

Recommends:

Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great, but are good for you, too.

Reference: USDA. MyPlate.gov. Internet:

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| <p>3</p> <p>Meatball Sub 4 ea w/ Mozz. Cheese</p> <p>-----</p> <p>Peas Fresh or Prepared Fruit</p> | <p>4</p> <p>Nacho Grande w/ Taco Meat, Chips 1oz., & Cheese</p> <p>-----</p> <p>Carrots Vegetarian Beans Fresh or Prepared Fruit</p> | <p>5</p> <p>Spaghetti w/ Sauce & Meatballs</p> <p>-----</p> <p>Green Beans Fresh or Prepared Fruit</p> | <p>6</p> <p>Hot Turkey Sandwich 1 sl w/ Gravy</p> <p>-----</p> <p>1c Romaine = 1/2c Mashed Potatoes 1/2c Fresh or Prepared Fruit</p> | <p>7</p> <p>BBQ Chicken on Roll</p> <p>-----</p> <p>Carrots Fresh or Prepared Fruit</p> |
| <p>10</p> <p>Bosco Sticks w/ Marinara Sauce (Breadsticks filled w/ Mozz. Cheese)</p> <p>-----</p> <p>Broccoli Fresh or Prepared Fruit</p> | <p>11</p> <p>Taco on Soft Shell</p> <p>-----</p> <p>Vegetarian Beans Fresh or Prepared Fruit</p> | <p>12</p> <p>Build a Burger On Roll (Cheese, Lettuce, Tomato, Onions, Pickles)</p> <p>-----</p> <p>Carrots Fresh or Prepared Fruit</p> | <p>13</p> <p>Breaded Pork Chop w/ Gravy & Dinner Roll</p> <p>-----</p> <p>Peas 1/2c Mashed Potatoes 1/2c Fresh or Prepared Fruit</p> | <p>14</p> <p>Grilled Cheese Sandwich w/ Tomato Soup</p> <p>-----</p> <p>Cauliflower Fresh or Prepared Fruit</p> |
| <p>17</p> <p>BBQ Chicken on Roll</p> <p>-----</p> <p>Broccoli Fresh or Prepared Fruit</p> | <p>18</p> <p>Taco Salad Bowl w/ Taco Meat, Cheese, & Lettuce</p> <p>-----</p> <p>Vegetarian Beans Fresh or Prepared Fruit</p> | <p>19</p> <p>Philly Beefsteak Sub w/ Cheese Sauce, Peppers & Onions</p> <p>-----</p> <p>Green Beans Fresh or Prepared Fruit</p> | <p>20</p> <p>Seasoned Baked Chicken w/ Dinner Roll</p> <p>-----</p> <p>Corn Fresh or Prepared Fruit</p> | <p>21</p> <p>Macaroni & Cheese 2/3c (Bflo. Chicken or Plain)</p> <p>-----</p> <p>Carrots Fresh or Prepared Fruit</p> |
| <p>24</p> <p>Bosco Sticks w/ Marinara Sauce (Breadsticks filled w/ Mozz. Cheese)</p> <p>-----</p> <p>Broccoli Fresh or Prepared Fruit</p> | | | | |
| <p>Food Service Subs needed in all our *** Kitchens ***</p> <p>APPLICATIONS IN HIGH SCHOOL CAFETERIA OFFICE or Call 716-210- 2381 For Details</p> | | | | <p>MY SCHOOL BUCKS Visit www.myschoolbucks.com to set up a lunch account to monitor and apply money to your child's account throughout the school year.</p> |

Offered daily
With all School Lunches:

*Fresh Fruit (served by the piece = 1/2c)
& Prepared Fruit (served by the 1/2c portion)
Vegetables (served by the 3/4c portion unless
otherwise noted)
(Must take 1/2 cup of Fruit or Vegetable)
(May take 1 cup)*

Non or Low Fat White or
Non Fat Chocolate Milk available daily

We serve the following Entrees Daily:

PBJ (2M-2G) Subs (2M-2G)
Julienne Shaker Salad w/ Roll (2M-2G)
Yogurt Parfait (2M - 1/2c.Fruit)
Freshly Baked
Cheese Pizza (2M-2G) or
Cheese and Pepperoni Pizza (2M-2G)
Specialty Pizza (2M - 2G)

Start with a:

- Vegetable
- Fruit (or take both)
- Choose whole grains
- Pick a lean protein
- Add serving of milk

Take at least 3
(One being a fruit or vegetable)