


Cycle 1 Nov 28 - Dec 2	Princeton Middle School Lunch Cycle Menu 2022 / 2023				
Cycle 2 Dec 5 - 9	* Note Substitutions are happening daily due to availability of menu items.				
Cycle 3 Dec 12 - 16	Menus are subject to change daily.				

PaySchools - add money to accounts for additional ala carte items. Supply chains continue to have many out of stock items and challenges.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pop Tart Kit 2 GR 1 Juice	WG Dunkin Stick Kit 2 GR 1 Juice	Rice Krispie Kit 2 GR 1 Juice	Raspberry Cream Bar Kit 2 GR 1 Juice	Scooby Kit 2 GR 1 Juice
Carroteens (2nd fruit / veg choice)	Fresh Fruit (2nd fruit / veg choice)	Fresh Fruit (2nd fruit / veg choice)	Carroteens (2nd fruit / veg choice)	Fresh Fruit (2nd fruit / veg choice)
Milk	Milk	Milk	Milk	Milk

Ala Carte Items Available for Additional Cost					
Extra Entree \$2.35					
Snacks \$.50 - 1:00					

2 GR 2 M/MA Cycle 1	2 GR 2 M/MA	2 GR 2 M/MA	2 GR 2 M/MA Fiesta Taco Bar	2 GR 2 M/MA
2.7 oz Salisbury Steak 3 Brown Gravy 2	6 oz Cincinnati Chili 6	3-1.13 oz WG Spicy Chicken Tenders 16-17	1.4 oz Walking Taco - Dorito	Hot Ham and Cheese
4" WG Hamburger Bun 25	1.4 oz Tostitos 28	2 oz WG Corn Muffin 29	2 oz RF Taco Meat 3, 3 oz Cheese Cup 14	on WG Bun
1/2 c Green Beans 4 (other)	1/2 c Chili Beans 20 (bean)	1/2 c Sweet Potatoes 34 (red/orange)	1/2 c Black Beans and Corn	1/2 c Carrots (red / orange)
1/2 c Mashed Potatoes 20 (starch)	1/2 c Broccoli 2 (green)	1/2 c Mixed Greens 3 (green)	1/2 c Lettuce, Salsa 2, Peppers, Sour Cream	1/2 c Choice Vegetable
1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Fruit 16-22
1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24
2 GR 2 M/MA Cycle 2	2 GR 2 M/MA	2 GR 2 M/MA	2 GR 2 M/MA Fiesta Taco Bar	2 GR 2 M/MA
2 oz Shredded Buffalo Chicken	WG Chicken Alfredo	WG Spicy Chicken Patty	1.4 oz Walking Taco - Dorito	2.1 oz Cheese Omelet
4" WG Bun 26	1 oz WG Garlic Breadstick w/ Marg 14	2 WG Waffles	2 oz RF Taco Meat 3, 3 oz Cheese Cup 14	6 pcs WG Mini French Toast Bites
1/2 c Baked Beans Vegetarian 30 (bean)	1/2 c Broccoli 2 (green)	1/2 c California Blend 5	1/2 c Refried Beans 16 (bean)	12 c Sweet Potatoes
8 pcs Seasoned Fries (starch)	1/2 c Mixed Vegetables 8	1/2 c Carrots 7 (red/orange)	1/2 c Lettuce, Salsa 2, Peppers, Sour Cream	1/2 c Choice of Vegetable
1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Fruit 16-22
1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24
2 GR 2 M/MA Cycle 3	2 GR 2 M/MA	2 GR 2 M/MA	2 GR 2 M/MA Fiesta Taco Bar	2 GR 2 M/MA
3.24 oz Honey Beef BBQ	7.44 oz WG Pasta w/ Meatsauce	3-1.13 oz WG Spicy Chicken Tenders 16-17	1.4 oz Walking Taco - Dorito	1/2 c General TSO Chicken 24
5" WG Hoagie Bun	1 oz WG Dinner Roll	2 oz WG Corn Muffin 29	2 oz RF Taco Meat 3, 3 oz Cheese Cup 14	1/2 c WG Brown Rice 36 / 1 oz Dinner Roll
9 pcs Tater Tots (starch)	1/2 c Broccoli 2 (green)	1/2 c California Blend 5	1/2 c Refried Beans 16 (bean)	12 c Broccoli 2 (green)
1/2 c Mixed Vegetables	1/2c Italian Vegetables	1/2 c Carrots 7 (red/orange)	1/2 c Lettuce, Salsa 2, Peppers, Sour Cream	1/2 c Choice of Vegetable
1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Choice of Fruit 16-22	1/2 c Fruit 16-22
1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24	1 c Choice of Milk 11-24
2 GR 2 M/MA Other Daily Entrees	2 GR 2 M/MA Other Daily Entrees	2 GR 2 M/MA Other Daily Entrees	2 GR 2 M/MA Other Daily Entrees	2 GR 2 M/MA Other Daily Entrees
WG Taco Stick				
WG Bagel Meal 64 (w/ Juice)	WG Bagel Meal 64 (w/ Juice)	WG Bagel Meal 64 (w/ Juice)	WG Bagel Meal 64 (w/ Juice)	WG Bagel Meal 64 (w/ Juice)
WG Uncrustable Meal	WG Uncrustable Meal	WG Uncrustable Meal	WG Uncrustable Meal	WG Uncrustable Meal
WG Nachos, Cheese & Salsa	WG Nachos, Cheese & Salsa	WG Nachos, Cheese & Salsa	Deli Sandwich	WG Nachos, Cheese & Salsa
WG Grilled Cheese	WG Spicy Chicken Sandwich	WG Cheeseburger Sliders	WG Breaded Chicken Sandwich	WG Spicy Chicken
	Daily Harvest Bar & Fruit Bar	Daily Harvest Bar & Fruit Bar	Daily Harvest Bar & Fruit Bar	Daily Harvest Bar & Fruit Bar
Side Garden Salad w/ Dressing	Calories	Sodium mg	* Note substitutions are happening daily	Offer vs Serve
Side Veggie Bowl w/ Dressing	K-5 550-650 Day	K-5 less than 12	due to availability of menu items.	5 Components offered at lunch
Assorted Fruit	6-8 600-700 Day	6-8 less than 13	Menus subject to change daily.	Students must take 3 of the 5 components
100% Fruit Juice	9-12 750-850 Day	9-12 less than 1420		Students must take a fruit or vegetable
				Students may take both veg choices.
				12 g Lite Mayo 2 12 g Tartar Sauce 3

This institution is an equal opportunity provider. Substitutions may be made depending on availability

Dairy	Fruit	Vegetables	Grains	Protein
1 cup milk offered daily	at least 1/2 c serving	at least 1/2 c serving	*entrees can contain both grains and proteins	*entress can contain both grains and proteins
1% unflavored	no more than 1/2 c fruit component	may take 2 servings daily	K-5 9 servings	K-5 9 servings
fat free unflavored	*may be in the form of juice	*1 c tossed salad=1/2 c vegetable serving	6th-8th 9-10 servings per week	6th-8th 9-10 servings per week
1% flavored	1/4 c dried fruit+1/2 c fruit	assorted vegetable daily	9th-12th 10-12 ounces per week	9th-12th 10-12 servings per week
	assorted fruits daily	fresh veggie bowls, hot vegetables		
	fresh, canned, dried	small salads		