


2021 / 2022 Princeton Middle School Lunch Cycle Menu

October 11- 14 National School Lunch Week *** Note Substitutions are happening daily due to availability of menu items.**

October 14 Late Start **Menus are subject to change daily.**

PaySchools - add money to accounts for additional ala carte items.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2021 / 2022 All Meals Free	Calories	Sodium mg	Offer vs Serve	Condiment Weight & Carb Counts
Ala Carte Items Available for Additional Cost	K-5 550-650 Day	K-5 ≤ 1230	5 Components offered at lunch	12 FF Ranch 2
Extra Entree \$2.35	6-8 600-700 Day	6-8 ≤ 1360	Students must take 3 of the 5	12 g French 4 12 g BBQ Sauce 5
Snacks \$.50 - 1:00	9-12 750-850 Day	9-12 ≤ 1420	components.	12 g Italian 2 7 g Hot Sauce 0
Cycle 1 October 4-8 October 25-29			Students must take a fruit or vegetable	5.5 g Mustard 0 7 g Sriracha Sauce 1
Cycle 2 October 11-14 October 15 - 19 no students			Students may take both veg choices.	9 g Ketchup 2 9 g Taco Sauce 1
Cycle 3 October 20-22				12 g Lite Mayo 2 12 g Tartar Sauce 3
2 GR 2 M/MA Cycle 1	2 GR 2 M/MA Pasta Bar	2 GR 2 M/MA	2 GR 2 M/MA Fiesta Taco Bar	2 GR 2 M/MA
3.63 oz Sloppy Joe 10	7.44 oz WG Pasta and Meatsauce 24	3-1.13 oz WG Spicy Chicken Tenders 1	1.4 oz Walking Taco - Dorito	10 Pieces Popcorn Chicken
4" WG Hamburger Bun 25	1 oz WG Garlic Breadstick w/ Marg 14	2 oz WG Corn Muffin 29	2 oz RF Taco Meat 3, 3 oz Cheese Cup 14	1 oz WG Dinner Roll
1/2 c Green Beans 4 (other)	1/2 c Broccoli 2 (green)	1/2 c Sweet Potatoes 34 (red/orange)	1/2 c Refried Beans 16 (bean)	1/2 c Choice Vegetables
1/2 c Corn (starch)	1/2 c Mixed Vegetables 8	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
4 oz RS BBQ Pulled Pork 16	7.44 oz WG Pasta and Meatsauce 24	3-1.13 oz WG Spicy Chicken Tenders 1	1.4 oz Walking Taco - Dorito	8 pcs Chicken Sticks
4" WG Bun 26	1 oz WG Garlic Breadstick w/ Marg 14	2 oz WG Corn Muffin 29	2 oz RF Taco Meat 3, 3 oz Cheese Cup 14	1 oz WG Dinner Roll
1/2 c Baked Beans (bean)	1/2 c Broccoli 2 (green)	1/2 c California Blend 5	1/2 c Refried Beans 16 (bean)	12 c Choice of Vegetables
1/2 c Corn (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	WG Macaroni & Cheese	3-1.13 oz WG Spicy Chicken Tenders 1	1.4 oz Walking Taco - Dorito	10 Pieces Popcorn Chicken
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 oz WG Dinner Roll
1/2 c Baked Beans	1/2 c Green Beans 4	1/2 c Sweet Potatoes 34 (red/orange)	1/2 c Refried Beans 16 (bean)	12 c Choice of Vegetables
1/2 c Mixed Vegetables	1/2c Carrots 7 (red/orange)	1/2 c Mixed Greens 3 (green)	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 Cheeburger 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	Side Garden Salad w/ Dressing	Side Garden Salad w/ Dressing	Side Garden Salad w/ Dressing	Side Garden Salad w/ Dressing
Side Veggie Bowl w/ Dressing	Side Veggie Bowl w/ Dressing	Side Veggie Bowl w/ Dressing	Side Veggie Bowl w/ Dressing	Side Veggie Bowl w/ Dressing
Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice

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	*entree 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		