Fred S. Engle Middle School

December 2022

This institution is an equal opportunity provider.

Menus are subject to change

Featured Specials of the Day

Thursday, December 1

Spiral Rotini & Meat Sauce w/ Bread Stick Green Beans, Caesar Salad Chilled Pears, Seasonal Fresh Fruit

Friday, December 2

Quesadilla Pizza Steamed Peas, Fresh Veggie Cup & Dip Chilled Fruit Cup, Seasonal Fresh Fruit

Monday, December 5

Grilled Cheese Sandwich Tomato Soup, Veggie Cup & Dip Chilled Fruit Cup, Seasonal Fresh Fruit

Tuesday, December 6

Teriyaki Chicken over Rice Vegetable Blend, Fresh Veggies & Hummus Chilled Fruit Cup & Seasonal Fresh Fruit

Wednesday, December 7

Breakfast for Lunch French Toast, Sausage, Hash Brown Fresh Veggies & Dip, Chilled Fruit Cup & Seasonal Fresh Fruit

Thursday, December 8

Chicken Alfredo Steamed Broccoli, Garden Salad Chilled Fruit Cup & Seasonal Fresh Fruit

Friday, December 9

French Bread Pizza
California Blend Veggies, Garden Salad
Mixed Fruit Cup, Seasonal Fresh Fruit

Featured Specials of the Day

Monday, December 12

Fish & Chips
Potato Wedges, Glazed Carrots
Chilled Pears, Seasonal Fresh Fruit

Tuesday, December 13

Hot Ham & cheese on Pretzel Roll Buffalo Cauliflower Bites, Fresh Veggies & Dip Chilled Fruit Cup, Seasonal Fresh Fruit

Wednesday, December 14

Beef Taco & Assorted Toppings Mexican Street Corn, Veggie Cup & Dip, Chilled Fruit Cup, Seasonal Fresh Fruit

Thursday, December 15

Cheese Ravioli & Garlic Knot Green Beans, Garden Salad Chilled Fruit Cup & Seasonal Fresh Fruit

Friday, December 16

PRIMA'S PIZZA

Steamed Peas, Fresh Veggie Cup & Dip
Chilled Fruit Cup, Seasonal Fresh Fruit

Monday, December 19

WG Chicken Tenders w/ Dinner Roll Steamed Veggies, Fresh Veggies & Dip Chilled Fruit Cup, Seasonal Fresh Fruit

Tuesday, December 20

Pulled Pork Sandwich Cole Slaw, Baked French Fries Chilled Fruit Cup, Seasonal Fresh Fruit

Wednesday, December 21

Your Choice of Hoagies!
Pasta Salad, Veggie Cup w/ Dip,
Fruit Cup, Fresh Fruit, Baked Chips

Thursday, December 22

PASTA BAR & Bread Stick Green Beans, Caesar Salad Chilled Fruit Cup, Seasonal Fresh Fruit

Friday, December 23

Assorted Pizza
Steamed Veggies, Veggie Cup & Dip
Mixed Fruit Cup, Seasonal Fresh Fruit

Available Daily

Hot Off the Grill:

Monday : Burgers

Tuesday : Meatball Sandwich
Wednesday : Chicken Filet Sandwich

Thursday: Cheese Steak Sandwich

Friday: BBQ Grilled Chicken

Sandwich

Deli Bar

Assorted Deli Sandwiches & Wraps
Assorted Grab N Go Meals

Entrée Salads

Assorted salad specials daily.

All Student Meals include fresh fruit, fresh veggie cup OR garden salad & milk choice.

FREE BREAKFAST MEAL FOR ALL STUDENTS

