

LETTUCE-2
 PEPPERS-9
 CUCUMBERS-2
 SHREDDED CHEESE-1
 COTTAGE CHEESE-5
 TURKEY SANDWICH-27
 GRAPE PBJ - 32
 STRAWBERRY PBJ- 33

SEPTEMBER | 2022



Middle School Lunch Carb Count Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 CHOCOLATE MILK - 24 WHITE MILK - 11 STRAWBERRY MILK - 22	30	31	1 CHICKEN QUESADILLA-38 PEAS-12 MIXED FRUIT--16 CHOICE OF MILK	2 NO SCHOOL LABOR DAY WEEKEND
5 NO SCHOOL LABOR DAY	6 WG POPCORN CHICKEN-17 MASHED POTATO W/GRAVY-21 DINNER ROLL-17 PEACHES-12 CHOICE OF MILK	7 PIZZA CALZONE-32 BROCCOLI-5 APPLESAUCE CUP-17 CHOICE OF MILK	8 TERIYAKI BITES-6 BROWN RICE-42 COOKED CARROTS-7 PINEAPPLE-20 CHOICE OF MILK	9 (2)CHEESE BOSCO STICKS-54 MARINARA SAUCE-10 GREEN BEANS-5 PEARS-12 CHOICE OF MILK
12 CHEESEBURGER-0 W/ WG BUN-28 OVEN FRIES-14 WATERMELON-11 CHOICE OF MILK	13 CHICKEN TENDERS-24 CHEDDAR SUNCHIPS-19 BAKED BEANS-26 PEARS-12 CHOICE OF MILK	14 PIZZA SLICE-36 BROCCOLI-5 APPLESAUCE CUP-17 CHOICE OF MILK	15 MACARONI & CHEESE-28 BOSCO STICK-17 CORN-21 GRAPES-21 CHOICE OF MILK	16 MINI CORN DOGS-20 FRITOS-12 FRESH CARROTS-4 STRAWBERRIES-10 CHOICE OF MILK
19 CHICKEN PATTY-16 W/WG BUN-28 FRENCH FRIES-14 MIXED FRUIT-16 CHOICE OF MILK	20 DORITOS -20 W/ TACO MEAT-5 NACHO CHEESE-6 REFRIED BEANS-23 ROMAINE SALAD-2 PEACHES-12 CHOICE OF MILK	21 PIZZA STROMBOLI-29 BROCCOLI-5 APPLESAUCE CUP-17 CHOICE OF MILK	22 CHICKEN NUGGETS-13 BAKED BEANS-26 CHEEZ ITS-14 PEARS-12 CHOICE OF MILK	23 PIZZA CRUNCHERS-41 POTATO WEDGES-19 APPLE SLICES-7 W/CARAMEL-19 CHOICE OF MILK
26 TACO WEDGES-30 GOLDFISH CRACKERS-14 GREEN BEANS-5 PEACHES-12 CHOICE OF MILK	27 SPAGHETTI-43 W/MEAT SAUCE-9 GARLIC BREAD-15 CORN-21 PINEAPPLE-20 CHOICE OF MILK	28 STUFFED CRUST PIZZA-36 BROCCOLI-5 APPLESAUCE CUP-17 CHOICE OF MILK	29 EARLY RELEASE WG PANCAKES-36 SAUSAGE PATTY-1 HASHBROWN-11 ORANGES-21 CHOICE OF MILK	30 (3)MINI PEPPERONI CALZONES-35 COOKED CARROTS-7 PEARS-12 CHOICE OF MILK

News

WELCOME BACK TO THE 2022-2023 SCHOOL YEAR!

We are pleased to announce that we are providing Universal Lunch this year, which means that lunch will be free to all students in our district! All that needs to be done by each family is to submit a Household Information Report, and turn it in to the school!

Menu is subject to change without notice.

Evart Public Schools is an equal opportunity provider and employer.

Any questions or concerns please call the FSD at 231.734.4222