Bendle Middle School Lunch

LUNCH Menu — 2023-24 School Year

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Crispitos w Salsa Pizza Reg or Spicy Chicken Salads PB&J Refried Beans Peaches Milk	Stromboli w Sauce Little Caesars Pizza Chicken Salads PB&J Carrots Malibu Mixed Fruit Milk	Cherry Chicken w Brown Rice Pizza Fresh Salads PB&J Stir Fry Veggies Pineapple Fortune Cookie Milk	Turkey Bacon Subs w Lettuce & Tomato Little Caesars Pizza Chicken Salads PB&J Potato Wedges Pears Milk	Spicy or Reg Chicken Sandwich Pizza Fresh Salads PB&J Green Beans Baked Lays Orange Wedges Milk
2	Mac & Cheese w Mini Corn Dogs Pizza Chicken Salads PB&J Roasted Mixed Veggies Mandarin Oranges Milk	Sloppy Joes Little Caesars Pizza Fresh Salads PB&J Broccoli & Cheese Cantaloupe Milk	Baked Potato Bar w Breadstick Pizza Fresh Salads PB&J Corn on the Cob Peaches Milk	Chicken Bacon Ranch Wrap Fresh Salads Little Caesars Pizza PB&J Green Beans Grapes Milk	Italian or Ham & Cheese Sub Pizza Fresh Salads PB&J Paco Vegetable Blend (Red Potatoes, Asparagus, Carrots and Red Onions) Milk
3	Chicken Tenders w Muffin Pizza Fresh Salads PB&J Key West Blend (Green Beans, Orange & Yellow Carrots,Red Peppers) Fruit Salad Milk	Taco Sticks w Salsa & Sour Cream Little Caesars Pizza Fresh Salads PB&J Corn Mixed Berries Milk	Orange Chicken w Brown Rice Pizza Fresh Salads PB&J Broccoli & Cheese Pineapple Fortune Cookie Milk	BLT Sub w Lettuce & Tomato Little Caesars Pizza Fresh Salads PB&J Mixed Veggies (Beans, Peas, Corn, Carrots & Lima Beans) Blueberries Milk	Tiger Bowl w Mashed Potatoes & Gravy Pizza Fresh Salads PB&J Corn Orange Wedges Milk
4	Cheeseburger w Lettuce, Tomato & Pickle Pizza Fresh Salads PB&J Sweet Potato Fries Applesauce Milk	Chicken Salad on Flatbread Little Caesars Pizza Fresh Salads PB&J Asparagus Tropical Fruit Blend Milk	Enchiladas w Sauce Pizza Fresh Salads PB&J Corn & Black Beans Strawberries Milk	Turkey Sub w Lettuce & Tomato Little Caesars Pizza Fresh Salads PB&J Carrots Kiwi Milk	Chicken Sandwich w Lettuce & Tomato Pizza Fresh Salads PB&J Baked Lays Roasted Cauliflower Apple Slices Milk
5	Crispitos w Salsa & Sour Cream Pizza Fresh Salads PB&J Refried Beans Diced Pears Milk	Quesadilla w Salsa Little Caesars Pizza Fresh Salad PB&J Mini Sweet Peppers wHummus Corn Mixed Fruit Milk	General TSO's Chicken w Brown Rice Pizza Fresh Salads PB&J Stir Fry Veggies Pineapples Milk	Grilled Cheese & Tomato Soup Little Caesars Pizza Fresh Salads PB&J PACO Veggie Blend Fruit Salad Milk	Pepperoni Calzone Pizza Fresh Salads PB&J California Blend (Broccoli, Cauliflower and Carrots) Cantaloupe Milk
6	Chili w Fritos or Cornbread Pizza Fresh Salads PB&J Northwest Veggies (Broccoli, Baby Carrots,Green Beans, Yellow Carrots, Wax Beans, Red Pepper Strips) Apple Slices Milk	Ham & Cheese on Pretzel Roll Little Caesars Pizza Fresh Salads PB&J Potato Salad Mixed Fruit Milk	Nashville Hot Chicken Wrap w Lettuce & Tomato Pizza Fresh Salads PB&J Onion Rings Grapes Milk	Koegel Hot Dog Little Caesars Pizza Fresh Salads PB&J Corn on the Cob Watermelon Milk	Mozzarella Sticks w Sauce Pizza Fresh Salads PB&J Key West Blend Veggies Blueberries Milk

Half Day Lunch
PB&J Sandwich
Carrots w Ranch
Apple Slices
Cheese Stick
Milk

Homecoming Lunch 9-15
Tiger Bowl-
Mashed Potatoes,
Gravy, Corn,
Popcorn Chicken,
Milk & Fruit

Thanksgiving Dinner 11-16
Turkey, Mashed
Potatoes,Corn,
Gravy,Stuffing,
Yams,Cranberries,
Roll, Dessert and
Milk

Christmas Dinner 12-14
Ham, Mashed
Potatoes,
Corn,Gravy,
Stuffing, Yams,
Roll, Cranberries,
Desserts & Milk

Easter Dinner 3-21
Chicken
Drumstick,
Mashed Potatoes,
Corn,Gravy,
Stuffing, Yams,
Roll, Cranberries,
Desserts & Milk

Fruit and Salad Bar Served Daily

**Low-Fat White Milk
And Fat Free Chocolate Milk Available Daily**

LITTLE CAESARS PIZZA OFFERED EVERY TUESDAY & THURSDAY

Ala Carte offered daily

Menu Subject to Change Without Notice

MEALS ARE **FREE** FOR ALL STUDENTS