



Don't Forget to Eat Your Vegetables

# James Williams Middle School

## Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily

# February 2018

MONDAY

TUESDAY

WEDNESDAY

1

THURSDAY

2

FRIDAY

EXTRA INFO

**Classic Cafe** Pizza Bake, French Bread, Chocolate Chip Cookie

**Pizza Parlor** Cheeseburger Pizza, Pepperoni Pizza, Cheese Pizza

**Grab n Go** Yogurt Parfait with Fruit & Granola, Turkey BLT Wrap

**Classic Cafe** Salisbury Steak, Mashed Potatoes & Gravy, Whole Grain Dinner Roll

**Diner** Corn Dog, Cheeseburger on Bun, Hamburger on a Bun

**Grab n Go** Italian Sub, Ham & Cheese Wrap

Harvest of the Month 



All meals include Fresh Fruit and Vegetable Bar and choice of White Skim or Chocolate Skim Milk.  
For questions or comments, contact Patricia Karaba at 715-365-9547 or email karabpat@rhinelander.k12.wi.us.

Menus are subject to change without notice. This institution is an equal opportunity provider.





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5  
MONDAY

- Classic Cafe** Grilled Cheese Sandwich,  
Tomato Soup
- Diner** Chicken Patty on Whole Grain Bun,  
Cheeseburger on Bun, Hamburger  
on a Bun
- Grab n Go** Double Decker PB & J Sandwich,  
Crispy Chicken Wrap

8  
THURSDAY

- Classic Cafe** Hot Turkey & Cheese Sandwich,  
Rice Krispie Treat
- Pizza Parlor** Cheeseburger Pizza, Pepperoni  
Pizza, Cheese Pizza
- Grab n Go** Yogurt Parfait with Fruit & Granola,  
Turkey BLT Wrap

6  
TUESDAY

- Classic Cafe** Easy Egg Bake, Cinnamon Roll
- Pizza Parlor** Meatlovers, Pepperoni Pizza,  
Cheese Pizza
- Grab n Go** Cold Cut Combo Sub, Chef  
Salad

9  
FRIDAY

- Classic Cafe** Cheese & Pepperoni Flatbread,  
Kettle Potato Chips
- Diner** Corn Dog, Cheeseburger on Bun,  
Hamburger on a Bun
- Grab n Go** Italian Sub, Ham & Cheese  
Wrap

7  
WEDNESDAY

- Classic Cafe** Chicken Enchiladas, Churro
- Diner** BBQ Rib Sandwich, Cheeseburger  
on Bun, Hamburger on a Bun
- Grab n Go** Egg Salad on Flatbread, Garden  
Vegetable Salad

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12

MONDAY

**Classic Cafe** Spaghetti with Meat or, Meatless Sauce, Garlic Toast

**Diner** Chicken Patty on Whole Grain Bun, Cheeseburger on Bun, Hamburger on a Bun

**Grab n Go** Double Decker PB & J Sandwich, Crispy Chicken Wrap

15

THURSDAY

**Classic Cafe** Swedish Meatballs over Pasta, Bread Stick, Gumdrops Sugar Cookie

**Pizza Parlor** Cheeseburger Pizza, Pepperoni Pizza, Cheese Pizza

**Grab n Go** Yogurt Parfait with Fruit & Granola, Turkey BLT Wrap

13

TUESDAY

**Classic Cafe** Build your own Burger, Golden French Fries

**Pizza Parlor** Meatlovers, Pepperoni Pizza, Cheese Pizza

**Grab n Go** Cold Cut Combo Sub, Chef Salad

16

FRIDAY

**Classic Cafe** Sloppy Joe on a Bun, Tator Tots

**Diner** Corn Dog, Cheeseburger on Bun, Hamburger on a Bun

**Grab n Go** Italian Sub, Ham & Cheese Wrap

14

WEDNESDAY

**Classic Cafe** Turkey BLT Flatbread, Kettle Potato Chips

**Diner** BBQ Rib Sandwich, Cheeseburger on Bun, Hamburger on a Bun

**Grab n Go** Egg Salad on Flatbread, Garden Vegetable Salad

EXTRA INFO



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19

MONDAY

- Classic Cafe** Pancakes, Scrambled Egg, Hashbrown Potatoes
- Diner** Chicken Patty on Whole Grain Bun, Cheeseburger on Bun, Hamburger on a Bun
- Grab n Go** Double Decker PB & J Sandwich, Crispy Chicken Wrap

22

THURSDAY

- Classic Cafe** Beefy Nachos with Cheese, Spicy Pinto Beans
- Pizza Parlor** Cheeseburger Pizza, Pepperoni Pizza, Cheese Pizza
- Grab n Go** Yogurt Parfait with Fruit & Granola, Turkey BLT Wrap

20

TUESDAY

- Classic Cafe** Crispy Chicken Tenders, Mashed Potatoes & Gravy, Whole Grain Dinner Roll
- Pizza Parlor** Meatlovers, Pepperoni Pizza, Cheese Pizza
- Grab n Go** Cold Cut Combo Sub, Chef Salad

23

FRIDAY

- Classic Cafe** NO SCHOOL

21

WEDNESDAY

- Classic Cafe** Chicken Bacon Ranch Melt, Kettle Potato Chips, Homemade Brownie
- Diner** BBQ Rib Sandwich, Cheeseburger on Bun, Hamburger on a Bun
- Grab n Go** Egg Salad on Flatbread, Garden Vegetable Salad

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26

MONDAY

**Classic Cafe** NO SCHOOL

1

THURSDAY

27

TUESDAY

**Classic Cafe** Chili Dog, Cheesy Fries

**Pizza Parlor** Meatlovers, Pepperoni Pizza,  
Cheese Pizza

**Grab n Go** Double Decker PB & J Sandwich,  
Crispy Chicken Wrap

2

FRIDAY

28

WEDNESDAY

**Classic Cafe** Italian Stromboli, Chocolate  
Chip Cookie

**Diner** BBQ Rib Sandwich, Cheeseburger  
on Bun, Hamburger on a Bun

**Grab n Go** Egg Salad on Flatbread, Garden  
Vegetable Salad

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