



Don't Forget to Eat Your Vegetables

# James Williams Middle School

## Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily

# March 2018

MONDAY

TUESDAY

WEDNESDAY

1

THURSDAY

2

FRIDAY

EXTRA INFO

**Classic Cafe** Southwest Burger, Kettle Potato Chips

**Pizza Parlor** Sausage Pizza, Pepperoni Pizza, Cheese Pizza

**Grab n Go** Yogurt Parfait with Fruit & Granola, Crispy Chicken Salad

**Classic Cafe** Fish sticks, Potato Wedges, Goldfish Crackers

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

**Grab n Go** Italian Sub, Turkey Ranch 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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## Lunch Menu

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5  
MONDAY

- Classic Cafe** BBQ Pulled Pork Sandwich, Golden French Fries
- Diner** Spicy Chicken Patty on Bun, Cheeseburger on Bun, Hamburger on a Bun
- Grab n Go** Double Decker PB & J Sandwich, Crispy Chicken Wrap

8  
THURSDAY

- Classic Cafe** Salisbury Steak, Mashed Potatoes, Whole Grain Dinner Roll
- Pizza Parlor** Sausage Pizza, Pepperoni Pizza, Cheese Pizza
- Grab n Go** Yogurt Parfait with Fruit & Granola, Crispy Chicken Salad

6  
TUESDAY

- Classic Cafe** Orange Chicken, Brown Rice, Egg Roll
- Pizza Parlor** Meatlovers, Pepperoni Pizza, Cheese Pizza
- Grab n Go** Cold Cut Combo Sub, Chef Salad

9  
FRIDAY

- Classic Cafe** Pizza Dippers, Marinara Sauce, \*\*Birthday Cake\*\*
- Diner** Chicken Patty on Whole Grain Bun, Cheeseburger on Bun, Hamburger on a Bun
- Grab n Go** Italian Sub, Turkey Ranch Wrap

7  
WEDNESDAY

- Classic Cafe** Italian Meatball Sub, Kettle Potato Chips
- Diner** BBQ Rib Sandwich, Cheeseburger on Bun, Hamburger on a Bun
- Grab n Go** Honey Mustard Ham Wrap, Garden Vegetable Salad

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12

MONDAY

- Classic Cafe** French Toast Sticks, Sausage Patty, Hashbrown Potatoes
- Diner** Spicy Chicken Patty on Bun, Cheeseburger on Bun, Hamburger on a Bun
- Grab n Go** Double Decker PB & J Sandwich, Crispy Chicken Wrap

15

THURSDAY

- Classic Cafe** Hot Ham & Cheese Flatbread, Golden French Fries
- Pizza Parlor** Sausage Pizza, Pepperoni Pizza, Cheese Pizza
- Grab n Go** Yogurt Parfait with Fruit & Granola, Crispy Chicken Salad

13

TUESDAY

- Classic Cafe** Pasta with Meat Sauce, Garlic Toast
- Pizza Parlor** Meatlovers, Pepperoni Pizza, Cheese Pizza
- Grab n Go** Cold Cut Combo Sub, Chef Salad

16

FRIDAY

- Classic Cafe** Meatloaf, Baked Potato Halves, Whole Grain Dinner Roll, Chocolate Chip Cookie
- Diner** Chicken Patty on Whole Grain Bun, Cheeseburger on Bun, Hamburger on a Bun
- Grab n Go** Italian Sub, Turkey Ranch Wrap

14

WEDNESDAY

- Classic Cafe** Roast Turkey & Gravy, Mashed Potatoes, Whole Grain Dinner Roll
- Diner** BBQ Rib Sandwich, Cheeseburger on Bun, Hamburger on a Bun
- Grab n Go** Honey Mustard Ham Wrap, Garden Vegetable Salad

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19

MONDAY

- Classic Cafe** Chicken Marinara w/Pasta, Garlic Toast
- Diner** Spicy Chicken Patty on Bun, Cheeseburger on Bun, Hamburger on a Bun
- Grab n Go** Double Decker PB & J Sandwich, Crispy Chicken Wrap

22

THURSDAY

- Classic Cafe** Soft Beef Tacos, Lettuce, Tomato, Cheese, Refried Beans
- Pizza Parlor** Sausage Pizza, Pepperoni Pizza, Cheese Pizza
- Grab n Go** Yogurt Parfait with Fruit & Granola, Crispy Chicken Salad

20

TUESDAY

- Classic Cafe** Toasted Cheese Sandwich, Tomato Soup
- Pizza Parlor** Meatlovers, Pepperoni Pizza, Cheese Pizza
- Grab n Go** Cold Cut Combo Sub, Chef Salad

23

FRIDAY

- Classic Cafe** Sloppy Joe on a Bun, Potato Wedges
- Diner** Chicken Patty on Whole Grain Bun, Cheeseburger on Bun, Hamburger on a Bun
- Grab n Go** Italian Sub, Turkey Ranch Wrap

21

WEDNESDAY

- Classic Cafe** Cheese & Pepperoni Flatbread, Kettle Potato Chips
- Diner** BBQ Rib Sandwich, Cheeseburger on Bun, Hamburger on a Bun
- Grab n Go** Honey Mustard Ham Wrap, Garden Vegetable Salad

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26

MONDAY

Classic Cafe NO SCHOOL

29

THURSDAY

Classic Cafe NO SCHOOL

27

TUESDAY

Classic Cafe NO SCHOOL

30

FRIDAY

Classic Cafe NO SCHOOL

28

WEDNESDAY

Classic Cafe NO SCHOOL

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