



Don't Forget
to Eat Your
Vegetables

James Williams Middle School

Lunch Menu

Fresh Vegetable Choices and
Seasonal Fruit are Offered Daily

May
2018

MONDAY

3

THURSDAY

Classic Cafe BBQ Meatball Sub, Potato Wedges

Pizza Parlor Sausage Pizza, Pepperoni Pizza, Cheese Pizza

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

1

TUESDAY

Classic Cafe Roast Turkey & Gravy, Cinnamon Sweet-Apples, Mashed Potatoes

Pizza Parlor Meatlovers, Pepperoni Pizza, Cheese Pizza

Pizza Parlo

Grab and Go Cold Cut Combo Sub, Chef Salad

4

FRIDAY

Classic Cafe Chicken Parmesan Sandwich, Kettle Potato Chips

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

Grab and Go Italian Sub, Turkey Ranch Wrap

2

WEDNESDAY

Classic Cafe Italian Stromboli, Marinara Sauce, Birthday Cake

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

Grab and Go Ham Deli Sub Sandwich, Garden Vegetable Salad

EXTRA INFO

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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7 MONDAY

- Classic Cafe** Southwestern Burger, Kettle Potato Chips
- 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 TUESDAY

- Classic Cafe** Beefy Nachos with Cheese, Refried Beans
- Pizza Parlor** Meatlovers, Pepperoni Pizza, Cheese Pizza
- Grab n Go** Cold Cut Combo Sub, Chef Salad

9 WEDNESDAY

- Classic Cafe** Fish Hoagie, Kettle Potato Chips, Chocolate Chip Cookie
- Diner** BBQ Rib Sandwich, Cheeseburger on Bun, Hamburger on a Bun
- Grab n Go** Ham Deli Sub Sandwich, Garden Vegetable Salad

10 THURSDAY

- Classic Cafe** Pasta with Meat Sauce, Garlic Toast
- Pizza Parlor** Sausage Pizza, Pepperoni Pizza, Cheese Pizza
- Grab n Go** Yogurt Parfait with Fruit & Granola, Crispy Chicken Salad

11 FRIDAY

- Classic Cafe** Roasted Hot Dog on a Bun, Kettle Potato Chips
- Diner** Chicken Patty on Whole Grain Bun, Cheeseburger on Bun, Hamburger on a Bun
- Grab n Go** Italian Sub, Turkey Ranch Wrap

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14

MONDAY

- Classic Cafe** Pancakes, Sausage Patty, Breakfast 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

17

THURSDAY

- Classic Cafe** Swedish Meatballs, Pasta, Bread Stick
- Pizza Parlor** Sausage & Pepperoni Pizza, Pepperoni Pizza, Cheese Pizza
- Grab n Go** Yogurt Parfait with Fruit & Granola, Crispy Chicken Salad

15

TUESDAY

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

18

FRIDAY

- Classic Cafe** Cheese & Pepperoni Flatbread, Broccoli Salad, Kettle Potato Chips
- Diner** Chicken Patty on Whole Grain Bun, Cheeseburger on Bun, Hamburger on a Bun
- Grab n Go** Italian Sub, Turkey Ranch Wrap

16

WEDNESDAY

- Classic Cafe** Soft Beef Tacos, Lettuce, Tomato, Cheese, Mexican Brown Rice
- Diner** BBQ Rib Sandwich, Cheeseburger on Bun, Hamburger on a Bun
- Grab n Go** Ham Deli Sub Sandwich, Garden Vegetable Salad

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MONDAY

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

24

THURSDAY

- Classic Cafe** Chicken Bacon Ranch Melt on Ciabatta, Potato Wedges
- Pizza Parlor** Sausage Pizza, Pepperoni Pizza, Cheese Pizza
- Grab n Go** Yogurt Parfait with Fruit & Granola, Crispy Chicken Salad

22

TUESDAY

- Classic Cafe** Chicken Marinara w/Pasta, Garlic Toast
- Pizza Parlor** Meatlovers, Pepperoni Pizza, Cheese Pizza
- Grab n Go** Cold Cut Combo Sub, Chef Salad

25

FRIDAY

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

23

WEDNESDAY

- Classic Cafe** Cheese Bread, Marinara Sauce
- Diner** BBQ Rib Sandwich, Cheeseburger on Bun, Hamburger on a Bun
- Grab n Go** Ham Deli Sandwich, Garden Vegetable Salad

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28

MONDAY

Classic Cafe NO SCHOOL

Grab and Go

31

THURSDAY

Classic Cafe Sloppy Joe on a Bun, Golden French Fries

Pizza Parlor Sausage Pizza, Pepperoni Pizza, Cheese Pizza

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

29

TUESDAY

Classic Cafe Philly Flatbread, Kettle Potato Chips

Pizza Parlor Meatlovers, Pepperoni Pizza, Cheese Pizza

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

1

FRIDAY

30

WEDNESDAY

Classic Cafe Pizza Bake, Garlic Breadstick, Green Beans

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

Grab n Go Ham Deli Sub Sandwich, Garden Vegetable Salad

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