



# Barberton middle school

## SMALL Changes = BIG Difference

Making a few healthier choices can help your child eat more nutritiously and develop lifelong healthy habits. Consider these suggestions:

- Replace mayonnaise with mustard, mashed avocado, or hummus on your sandwiches.

- Use salsa in place of creamy or full-fat salad dressings.



- Choose water with a squeeze or two of lemon, lime, or orange instead of sugary sodas.

- Make after school snacks for your child healthy and satisfying. Try low-fat granola and raisins, peanut butter on celery, or cut-up fruit with yogurt for dipping.



# lunch PROGRAM

Barberton Middle School now offers a variety of lunches to include this Posted Daily Menu for \$2.75, or for \$3.00 students may enjoy a fresh-baked pizza lunch or a large specialty salad lunch. The Middle School cafeteria will also be offering a variety of lunch choices in addition to this Posted Daily Menu.

These choices will include:

- ☆ cold and hot sandwiches and wraps
- ☆ large specialty salads
- ☆ fresh baked pizzas on honey wheat crust

All eligible free and reduced students may have any lunch for free or at the reduced price of 40¢. Please refer to the Posted Daily Menu to help you determine your lunch choice.

As part of our commitment to promoting a healthy lifestyle, seasonal fresh fruit and fresh vegetable choices will also be offered daily.

Monday	Tuesday	Wednesday	Thursday	Friday
FEBRUARY 25 Buffalo Grilled chicken on Wheat Bun -OR- Shaved Ham & Honey Mustard on Wheat Bun Sweet Potato Fries Celery Sticks Pineapples & Oranges Orchard Fruit Snack	FEBRUARY 26 Charbroiled Hamburger on Wheat Bun -OR- Hot Dog on Wheat Bun Crinkle Cut Fries Short Cut Carrots Chilled Mixed Fruit	FEBRUARY 27 Tyson Chicken Nuggets -OR- Sea Shapes Dinner Wheat Roll Seasoned Green Beans Fresh Broccoli and Cauliflower with Ranch Fresh Fruit In Season	FEBRUARY 28 Taco Salad -OR- Chicken Tenders South of the Border Tortilla chips Whole Kernel Corn Applesauce Cup	MARCH 1 Philly Beef Steak -OR- Tuna Salad Each on a WG Wheat Bun Mixed Green Salad with Fat Free Cherry Vinaigrette Dressing Manager's Choice Fresh Veggies Chilled Peaches
MARCH 4 Hot Dog on Bun -OR- Turkey & Mozzarella on WG Wheat Bun Honey Chipotle Baked Beans Emoji Fries Chilled Applesauce Cup	MARCH 5 Sloppy Nachos -OR- Terriyaki Beef Dippers with Honey Wheat Roll Whole Kernel Corn Manager's Choice Fresh Veggie Mixed Fruit WG Carnival Cookie	MARCH 6 Tyson Chicken Patty on WG Wheat Bun -OR- Honey BBQ Beef Rib-B-Que on WG Wheat Bun Green Beans Broccoli and Cauliflower Oven Fried Apples	MARCH 7 All American Burger -OR- Mini Corn Dogs Baked Tater Tots Fresh Pepper Strips Chilled Pineapples & Oranges	MARCH 8 Cheese Quesadilla -OR- Beef Chili with WG Pretzel Rod Mixed Green Salad with Fat Free Cherry Vinaigrette Dressing Carrots with Ranch Chilled Peaches WG Goldfish Colors
MARCH 11 Boneless Chicken Wings -OR- Sea Shapes Multi Grain Breadstick Colossal Crisp Fries Manager's Choice Fresh Veggie Chilled Peaches	MARCH 12 Tyson Chicken Fajita Soft Taco with Cup o' Fixin's -OR- Mini Sub Whole Kernel Corn BBQ Baked Beans Chunky Fruit Cup WG Teddy Cinnamon Grahams	MARCH 13 <b>MAGIC ★ TIME</b> Two Gilardi Stuffed Cheesy Stix with Dipping Sauce -OR- Rib-B-Que on Luigi Bun Broccoli Salad Manager's Choice Fresh Veggie Chilled Pineapple	MARCH 14 Pasta with Meat Sauce -OR- Popcorn Chicken WG Garlic Toast Mixed Green Salad Baby Carrots with Ranch Applesauce Cup	MARCH 15 Cheeseburger -OR- Fish Sandwich Each on WG Wheat Bun Criscut Fries Country Coleslaw Mixed Fruit
MARCH 18 Tyson Chicken Nuggets with Multi Grain Breadstick -OR- Hot Dog on WG Bun Cheddar Potato Munchers Cukes and Grape Tomatoes Tropical Fruit	MARCH 19 Meatball Sub -OR- Tyson Chicken Patty on Bun Baked Beans Seasoned Fries Chilled Applesauce Cup	MARCH 20 Macaroni and Cheese -OR- Corndog on a Stick Baked Tater Tots Baby Carrots with Ranch Fresh Fruit In Season	MARCH 21 Maple Glazed Pulled Pork on WG Multigrain Bune -OR- Cheesy Garlic Flatbread Pizza Whole Kernel Corn Yellow & Green Pepper Strips Frozen Sidekicks	MARCH 22 Spicy Chicken Patty on Multigrain Bun -OR- Cheese Quesadilla Mixed Green Salad with Fat Free Dressing Broccoli with Ranch Chilled Mandarin Oranges WG Otis Carnival Cookie
MARCH 25 Tyson Chicken Tenders -OR- Franks & Beans Dinner Wheat Roll Seasoned Fries Carrot Sticks Pineapples & Oranges	MARCH 26 Grilled Cheese -OR- Rib-B-Que on WG Bun BBQ Baked Beans Baked Tater Tots Chilled Peaches	MARCH 27 Sloppy Nachos -OR- Smoked Turkey with Pepperjack on Wheat Bun Sweet Rib Cut Fries Celery Sticks Fresh Pears or Apples with Caramel Sauce	MARCH 28 Baked Chicken -OR- Salsbury Steak WG Split Top Roll with Butter Mashed Potatoes with Gravy Steamed Broccoli with Cheese Sauce Tropical Fruit	MARCH 29 Mexican Pizza -OR- Two Gilardi Stuffed Cheesy Stix with Dipping Sauce Mixed Green Salad with Fat Free Dressing Fresh Pepper Strips Applesauce Cup WG Otis Chocolate Chip Cookie
<p>When available, Chef Salad with Whole Grain Roll and Milk is offered daily as an alternate meal. Pint of 1% White or Flavored Milk is offered daily. Additional Milk is 50¢. We care about healthy options! Look for WG on the menu anywhere we offer a Whole Grain choice for you.</p>				

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY.