







Belding Middle School Lunch Menu

February 6-10

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, and skim chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl		ORANGE GINGER CHICKEN BOWL: Popcorn Chicken Steamed Brown Rice Oriental Fried Brown Rice Seasoned Carrots Fresh Stir Fry Veggies Sesame Breadstick Homemade Orange Ginger Sauce Chopped Green Onion	BACKYARD BBQ BOWL: Fresh Roasted Southern Style BBQ Pork Cinnamon Sweet Potatoes Seasoned Green Beans Fresh Baked Biscuit Honey BBQ Sauce Chopped Green Onion	SAUCY CHICKEN BOWL: Pineapple Glazed Chicken Mashed Potatoes Seasoned Mixed Veggies Whole Grain Dinner Roll Pineapple Glaze Honey BBQ Sauce Green Parsley	SIZZLING TACO SALAD BOWL: Spicy Taco Meat Whole Grain Tortilla Shell Rounds Mexican Corn Warm Baked Apple Slices Cinnamon Breadstick Homemade Creamy Cilantro Lime Dressing Fresh Roasted Tomato Salsa
 Unique hand held hot sandwiches and finger food combos rule here! Chicken and Spicy Chicken Sandwiches Served Daily		Salsa Chicken Wrap Grilled Ham and Cheese on Whole Wheat Bread Broccoli w/ Shredded Cheddar Cheese Fresh Romaine Lettuce & Tomato	Turkey & Cheese Bagel Melt Cinnamon Sweet Potatoes Fresh Romaine Lettuce & Tomato	Breaded Spicy Chicken Sandwich on Whole Wheat Bun Mixed Veggies Fresh Romaine Lettuce & Tomato	Chicken Parm Wrap Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato
 Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily		Pepperoni Pizza on Whole Grain Crust Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce	Italian Chicken Hot Croissant	Pepperoni Pizza on Whole Grain Crust	Chicken Florentine Flatbread
 Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots		Made to Order SANDWICH Bar Special: Neapolitan Hero w/ Balsamic Vinaigrette & Vegetable Pasta Salad	Made to Order SALAD Bar Special: Buffalo Style Chicken Salad and Homemade Ranch Dressing	Made to Order SANDWICH Bar Special: Peanut Butter and Apple Whole Wheat Roll Ups	Made to Order SANDWICH Bar Special: Turkey & Swiss Ciabatta w /Dijon Mustard
 Fresh Food Fast-Packaged for Grab N' Go		Oriental Chicken Salad w/ Crunchy Asian Topping Chicken Caesar Wrap	Fruit, Cracker, & Cheese Bowl Fruit Yogurt Parfait w/ Granola Topping	Fruit, Cracker, & Cheese Bowl Fruit Yogurt Parfait w/ Granola Topping	Fruit, Cracker, & Cheese Bowl Fruit Yogurt Parfait w/ Granola Topping
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available Veggie Pasta Salad Available Daily		Chilled Pineapples Carrot Sticks Chilled Peaches	Tossed Salad w/Light Dressing Fresh Local Apples Chilled Pears	Chilled Fruit Crisp Carrot Sticks	Tossed Salad w/ Light Dressing Fresh Orange Wedges

Belding Middle School Lunch Menu

February 13-17

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, and skim chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	NORTHEAST ASIAN RICE BOWL: Korean Braised Ribbies Steamed Brown Rice Fresh Carrots & Onions Bok Choy with Garlic and Ginger Crunchy Asian Topping Garlic Sesame Sauce Fresh Chopped Green Onion	MASHED POTATO BOWL: Breaded Popcorn Chicken Mashed Potatoes Seasoned Corn Roasted Carrot Fries WG Bread Stick Homemade Chicken Gravy Fresh Shredded Carrot	NACHO BOWL: Spicy Turkey Taco Meat Whole Grain Corn Tortilla Shell Rounds Corn & Black Bean Salad Cinnamon Breadstick Homemade Cheese Sauce	AMERICAN DINER BOWL: Roast Turkey w/ Gravy Bread Stuffing Made w/ Whole Wheat Mashed Sweet Potatoes Seasoned Green Beans Whole Grain Dinner Roll Homemade Turkey Gravy Cranberry Sauce	
 Unique hand held hot sandwiches and finger food combo's rule here! Chicken and Spicy Chicken Sandwiches Served Daily	Breaded Chicken Sandwich on WW Bun Broccoli w/ Shredded Cheese Fresh Romaine Lettuce & Tomato	Whole Grain Breaded Chicken Corn Dog Nuggets w/ Biscuit Roasted Carrot Fries Fresh Romaine Lettuce & Tomato	Pizza Burger on a Whole Wheat Bun Baked Potato Fresh Romaine Lettuce & Tomato	Breaded Chicken Parm Sandwich Green Beans Fresh Romaine Lettuce & Tomato	
 Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily	Pepperoni Pizza on Whole Grain Crust	Chicken Tostado Flatbread	Cheese Finger Rip & Dips w/ Tomato Dipping Sauce	Pepperoni Pizza on Whole Grain Crust	
 Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots	Made to Order SANDWICH Bar Special: Chicken Caesar Wrap	Made to Order SANDWICH Bar Special: Parisian Ham & Cheese Wrap	Made to Order SALAD Bar Special: Popcorn Chicken Salad w/Homemade Spicy Dressing	Made to Order SANDWICH Bar Special: Roast Beef and Swiss on Whole Wheat Bagel with Cajun mayo	
 Fresh Food Fast-Packaged for Grab N' Go	Fruit, Cracker, & Cheese Bowl Fruit Yogurt Parfait w/ Granola Topping	Fruit, Cracker, & Cheese Bowl Fruit Yogurt Parfait w/ Granola Topping	Fruit, Cracker, & Cheese Bowl Fruit Yogurt Parfait w/ Granola Topping	Fruit, Cracker, & Cheese Bowl Fruit Yogurt Parfait w/ Granola Topping	
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Romaine Tossed Salad Chilled Mixed Fruit Fresh Orange Wedges	Celery Sticks Carrot Sticks Sweet Chewy Raisins	Caesar Romaine Side Salad w/ Croutons Fresh Local Apples Chilled Peaches	Tossed Salad w/ Light Dressing Petite Bananas Chilled Mixed Fruit	







Belding Middle School Lunch Menu

February 20-27

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, and skim chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl		MEDITERRANEAN BOWL: Tarragon Marinated Chicken Brown Veggie Rice Roasted Italian Vegetables Warm Whole Wheat Pita Bread Homemade Taziki Sauce Chopped Green Onion	FAJITA BOWL: Fajita Chicken Cilantro Lime Chips Black Beans Roasted Bell Peppers & Onions Whole Grain Tortilla Shredded Cheddar Chopped Cilantro	MOM'S MASHED POTATO BOWL: Herb Roasted Chicken Baked Sweet Potato Fresh Glazed Carrots Sweet Peas Whole Wheat Toasted Garlic Bun Homemade Chicken Gravy Fresh Parsley	BRUNCH FOR LUNCH BOWL: Scrambled Eggs, Crumbled Sausage Herb Roasted Potatoes Fresh Orange Wedges Warm Baked Apple Slices Whole Wheat Pancake Warm Syrup Shredded Cheddar
 Unique hand held hot sandwiches and finger food combo's rule here! Chicken and Spicy Chicken Sandwiches Served Daily		Philly Cheese Steak on a Roll Fruit Crisp Fresh Romaine Lettuce & Tomato	Alpine Swiss Burger Roma Herb Potato Wedges Fresh Romaine Lettuce & Tomato	Breaded Popcorn Chicken w/ Toasted Garlic Bun Sweet Peas Fresh Romaine & Tomato	Meatball Parmesan Pizza Warp Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato
 Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily		Whole Grain Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce	Cheese Fingers Rip and Dip w/ Tomato Dipping Sauce	Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce	Margherita Flatbread
 Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots		Made to Order SANDWICH Bar Special: Buffalo Chicken Salad on Whole Wheat	Made to Order SALAD Bar Special: Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing & Toasted Flatbreads	Made to Order SANDWICH Bar Special: Roast Beef & Swiss on WG Sub Bun w/ Golden Honey Mustard	Made to Order SANDWICH Bar Special: Santa Fe Turkey and Cheddar Wrap
 Fresh Food Fast-Packaged for Grab N' Go		Fruit, Cracker, & Cheese Bowl Fruit Yogurt Parfait w/ Granola Topping	Fruit, Cracker, & Cheese Bowl Fruit Yogurt Parfait w/ Granola Topping	Fruit, Cracker, & Cheese Bowl Fruit Yogurt Parfait w/ Granola Topping	Fruit, Cracker, & Cheese Bowl Fruit Yogurt Parfait w/ Granola Topping
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available		Fresh Local Apples Chilled Peaches Fruit Crisp	Chilled Pineapples Carrot Sticks Sweet Chewy Raisins	Caesar Romaine Salad w/Croutons Chilled Pears Fresh Local Apple Salad	Chilled Cinnamon Applesauce Fresh Orange Wedges Tossed Salad w/ Light Dressing

Belding Middle School Lunch Menu

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, and skim chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	BACKYARD BBQ BOWL: Honey BBQ Chicken Cheddar Potato Strips Fresh Locally Grown Corn on the Cob Seasoned Collard Greens Warm Breadstick Honey BBQ Sauce Fresh Chopped Green Onion	FIESTA POTATO BOWL: Spicy Mexican Beef Whole Baked Potato Steamed Broccoli Cuts Southwest Corn & Black Bean Salad Homemade Corn Bread or Whole Grain Dinner Roll Homemade Cheddar Cheese Sauce Fresh Shredded Carrot	AMERICAN DINER BOWL: Meat Loaf Mashed Potatoes Seasoned Green Beans Seasoned Mixed Veggies Whole Grain Dinner Roll Homemade Brown Gravy Green Parsley Flakes	CAJUN RICE BOWL: Savory Crumbled Sausage, Diced Ham Cajun Brown Rice Warm Baked Apple Slices Fresh Baked Biscuit Spicy Tomato Sauce Fresh Chopped Green Onion	ITALIAN PASTA BOWL: Italian Marinated Chicken Fettuccini Roasted Italian Vegetables Made w/ Fresh Locally Grown Zucchini & Green Peppers Garlic Twist Creamy Roasted Garlic Sauce or Red Marinara Sauce Roma Herb Seasoning Blend
 <p>Unique hand held hot sandwiches and finger food combo's rule here! Chicken and Spicy Chicken Sandwiches Served Daily</p>	Turkey Corn Dog Nuggets Fresh Locally Grown Corn on the Cob Fresh Romaine Lettuce & Tomato	Breaded Chicken Tenders with Biscuit Roma Herb Potato Wedges Fresh Romaine Lettuce & Tomato	BLT Burger on Whole Wheat Bun Seasoned Mixed Veggies Fresh Romaine Lettuce & Tomato	BBO Chicken on a Whole Wheat Bun Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato	Chicken Parmesan Wrap Roasted Italian Vegetables Fresh Romaine Lettuce & Tomato
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p>	Pepperoni Pizza on Whole Grain Crust	Chicken Florentine Flatbread	Cheese Stuffed Breadsticks with Dipping Sauce	Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce	BBO Chicken Pizza on Whole Grain Crust
 <p>Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots</p>	Made to Order SANDWICH Bar Special: Turkey Club Wrap	Made to Order SANDWICH Bar Special: Parisian Ham & Cheese Wrap	Made to Order SANDWICH Bar Special: Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo	Made to Order SALAD Bar Special: Mandarin Orange Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing & Crackers	Made to Order SANDWICH Bar Special: Classic Chicken Salad Wrap
 <p>Fresh Food Fast-Packaged for Grab N' Go</p>	Fruit, Cracker, & Cheese Bowl Fruit Yogurt Parfait w/ Granola Topping	Fruit, Cracker, & Cheese Bowl Fruit Yogurt Parfait w/ Granola Topping	Fruit, Cracker, & Cheese Bowl Fruit Yogurt Parfait w/ Granola Topping	Fruit, Cracker, & Cheese Bowl Fruit Yogurt Parfait w/ Granola Topping	Fruit, Cracker, & Cheese Bowl Fruit Yogurt Parfait w/ Granola Topping
 <p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	Caesar Romaine Salad w/ Croutons Chilled Pears Fresh Orange Wedges	Caesar Romaine Side Salad w/ Croutons Fresh Local Apples Chilled Peaches	Tossed Salad w/ Light Dressing Fruit Crisp Chilled Mandarin Oranges	Tossed Salad w/ Light Dressing Chilled Pineapples Fresh Banana	Carrot Sticks Fruit Crisp Chilled Applesauce

Belding Middle School Lunch Menu

January 30-February 3

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, and skim chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	<p>SWEET N SOUR CHICKEN BOWL:</p> <p>Popcorn Chicken</p> <p>Oriental Fried Rice</p> <p>Roasted Red and Green Bell Peppers</p> <p>Stir Fry Vegetables</p> <p>Crunchy Asian Topping</p> <p>Whole Grain Dinner Roll</p> <p>Sweet N Sour Sauce</p> <p>Fresh Chopped Green Onion</p>	<p>ITALIAN PASTA BOWL:</p> <p>Bow Tie Pasta</p> <p>Shredded Part Skim Mozzarella</p> <p>Steamed Broccoli</p> <p>Whole Wheat Toasted Garlic Bun</p> <p>Red Marinara Sauce with Meatballs</p> <p>Creamy Roasted Garlic Sauce</p> <p>Roma Herb Seasoning Blend</p>	<p>LATIN AMERICAN ROAST PORK BOWL:</p> <p>Puerto Rican Citrus Pork</p> <p>Rice & Beans</p> <p>Tossed Salad w/ Light Dressing</p> <p>Seasoned Green Beans</p> <p>Spicy Lime Whole Wheat Tortilla Chips</p> <p>Salsa</p> <p>Orange Slice</p>	<p>ORANGE GINGER CHICKEN BOWL:</p> <p>Popcorn Chicken</p> <p>Steamed Brown Rice</p> <p>Fresh Steamed Broccoli</p> <p>Fresh Stir Fry Vegetables</p> <p>Sesame Breadstick</p> <p>Homemade Orange Ginger Sauce</p> <p>Chopped Green Onion</p>	<p>CHICKEN PARM BOWL:</p> <p>Breaded Chicken Cutlet</p> <p>Seasoned Pasta</p> <p>Seasoned Mixed Veggies</p> <p>Roasted Italian Butternut Squash</p> <p>Fresh Baked Breadstick</p> <p>Red Marinara Sauce</p> <p>Shredded Part Skim Mozzarella</p>
<p>Unique hand held hot sandwiches and finger food combo's rule here! Chicken and Spicy Chicken Sandwiches Served Daily!</p>	<p>Lean Beef Burger with Cheese on Whole Wheat Bun</p> <p>Roma Herb Potato Wedges</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Turkey Pita Pocket</p> <p>Steamed Broccoli</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Breaded Chicken Tenders w/ Biscuit</p> <p>Green Beans</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Salsa Chicken Wrap</p> <p>Fresh Broccoli w/ Shredded Cheese</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Cheese Steak Sandwich</p> <p>Roma Herb Potato Wedges</p> <p>Fresh Romaine Lettuce & Tomato</p>
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p>	<p>Pepperoni Pizza on Whole Grain Crust</p>	<p>Cheeseburger Flatbread</p>	<p>Italian Stromboli w/ Tomato Dipping Sauce</p>	<p>Hawaiian Pizza on Whole Grain Crust</p>	<p>Cheese Fingers Rip & Dip</p>
<p>Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Chicken Caesar Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Santa Fe Turkey and Cheddar Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Classic Chicken Salad on Whole Wheat w/ Lettuce & Tomato</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef Wrap w/ Golden Honey Mustard</p>	<p>Made to Order SALAD Bar</p> <p>Special: Asian Six Treasure Chicken Salad w/ Homemade Sweet N Sour Dressing & Whole Wheat Roll</p>
<p>Fresh Food Fast-Packaged for Grab N' Go</p>	<p>Fruit, Cracker, & Cheese Bowl</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Fruit, Cracker, & Cheese Bowl</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Fruit, Cracker, & Cheese Bowl</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Fruit, Cracker, & Cheese Bowl</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Fruit, Cracker, & Cheese Bowl</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>
<p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	<p>Fruit Goop</p> <p>Chilled Pears</p> <p>Fresh Orange Wedges</p>	<p>Carrot Sticks</p> <p>Fruit Goop</p> <p>Chilled Mixed Fruit</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Chilled Applesauce</p> <p>Carrot Sticks</p>	<p>Caesar Romaine Side Salad w/Croutons</p> <p>Chilled Pineapple</p> <p>Fruit Goop</p>	<p>Fresh Apple</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Celery Sticks</p>