

# MTN. SHADOWS MIDDLE SCHOOL



2018



**Monday**  
INSIDE

GALAXY PIZZA  
C 300 F 12 SF 4 CHO 33

KIOSK

MINI CHEESE BURGERS  
C 287 F 8.1 SF 3 CHO 34.3

**Tuesday**  
INSIDE

FRENCH BREAD PIZZA  
C 310 F 12 SF 4.5 CHO 34

KIOSK

\*\*ORIENTAL CHICKEN

**Wednesday**  
INSIDE

STUDENT'S CHOICE  
\*SEE CHART →

KIOSK

CHICKEN TENDERS  
C 250 F 10 SF 1.5 CHO 15

**Thursday**  
INSIDE

COOK'S CHOICE  
\*SEE CHART →

KIOSK

CALZONE  
C 410 F 16 SF 7 CHO 47

**Friday**  
INSIDE

SPICY CHICKEN SANDWICH  
C 350 F 13 SF 2.5 CHO 42

KIOSK

MOZZARELLA STICKS  
C 300 F 12 SF 7 CHO 36



OFFERED DAILY INSIDE:

YOGURT/GRANOLA  
C 290 F 4 SF 1.7 CHO 57  
PB & J  
C 300 F 17 SF 3 CHO 32



**\*Student's Choice:**

4/11/18 BBQ Chicken Flatbread  
C 320 F 10 SF 5 CHO 38

4/18/18 Pork Chop & Mashed Potatoes  
C 200 F 8.7 SF 2.6 CHO 16.6  
C 80 F .5 SF 0 CHO 16

4/25/18 Queso Blanco Nachos  
C 258 F 17 SF 6.3 CHO 18

**\*Cook's Choice:**

4/12/18 Corn Dog & Tater Tots  
C 238 F 9.2 SF 2.5 CHO 27.8  
C 120 F 7 SF 1 CHO 14

4/19/18 Chicken Tacos  
C 212 F 4.48 SF .8 CHO 18

4/26/18 Beef Tostada Boat  
C 302 F 18.05 SF 5.22 CHO 14.28



Choice Of: 1% White Milk, Nonfat Chocolate Milk & Strawberry Milk Offered with every meal.

3/26/18 - 4/06/18: Spring Recess



Spring Break



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[www.lunchapplication.com](http://www.lunchapplication.com)



\*\*Orange Chicken C 268 F 3.88 SF .68 CHO 43.39      \*\*Spicy Sichuan Chicken C 198 F 2.88 SF .68 CHO 28.39

ALL LUNCHESES INCLUDE SALAD BAR  
C=Calories, F=Fat, SF=Saturated Fat, CHO=Carbohydrates  
Menu subject to change without notice

"This institution is an equal opportunity provider." "Esta institución es un proveedor que ofrece igualdad de oportunidades."