

APRIL

2026



Waltham School Nutrition
Feeding Hungry Minds

MIDDLE SCHOOL MENU

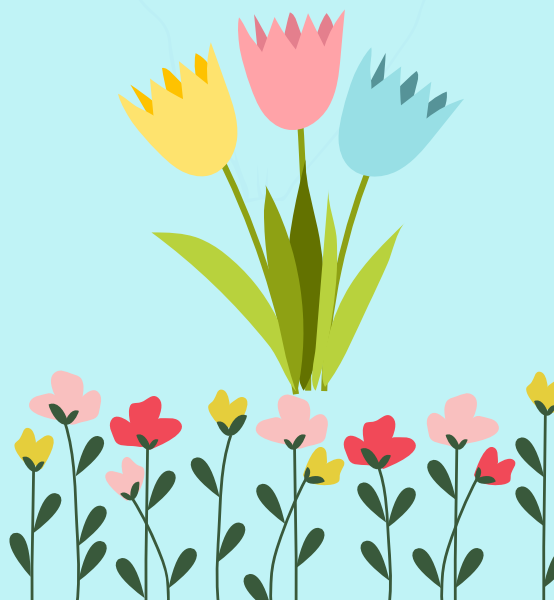






MONDAY

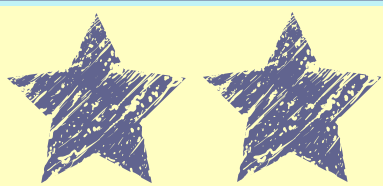
TUESDAY

WEDNESDAY

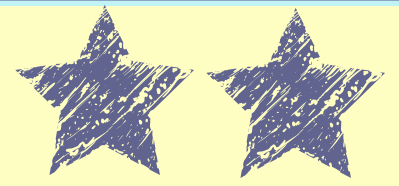
THURSDAY

FRIDAY

		<p>WE BRUNCHIN'¹ SWEET MAPLE BELGIAN WAFFLES SCRAMBLED EGGS FRUIT SMOOTHIES HASH BROWN BITES TROPICAL FRUIT SALAD ASSORTED FRESH VEGGIES</p>	<p>STEAK + CHEESE² CHEESESTEAK SUB SAUTÉED PEPPERS + ONIONS CRISPY FRENCH FRIES GARDEN FRESH SALAD FRESH MANGO CHUNKS CARROT STICKS + RANCH</p>	<p>ALL SCHOOL MEALS ARE FREE!³</p> 
<p>FLATBREAD PIZZA⁶ IT'S A PIZZA PARTY MINI FLATBREAD PIZZA FRESH FROM THE FARM CAESAR SALAD SLICED PEACHES BABY CARROTS + CELERY FRESH APPLE SLICES</p>	<p>SIZZLIN' FAJITAS⁷ CHIPOTLE CHICKEN SIZZLIN' FAJITAS SAUTEED PEPPERS + ONIONS BLACK BEANS AND RICE ~DIY TOPPING BAR~ MEXICAN STREET CORN APPLESAUCE CUP</p>	<p>EARLY RELEASE PERFECT PASTA⁸ SPAGHETTI AND MEATBALLS FRESH ITALIAN BREAD BROCCOLI PARMESAN FARM CAESAR SALAD BABY CARROTS + DIP FRESH KIWI</p>	<p>DRAGON BOWL⁹ GENERAL TSO CHICKEN BOWL STIR-FRY RICE FRESH SESAME VEGETABLES FRESH PINEAPPLE CHUNKS FORTUNE COOKIE</p>	<p>ROASTED CHICKEN¹⁰ HERB ROASTED CHICKEN SEASONED RICE FARM FRESH SPRING MIX VEGGIES GARLIC KNOT FRESH BANANA</p>
<p>QUESADILLA¹³ CHICKEN RANCH CHEESE QUESADILLA BLACK BEANS & RICE MEXICAN STREET CORN CRUNCHY APPLE SLICES BLACK BEAN AND CORN SALSA</p>	<p>POTSTICKERS¹⁴ CHICKEN + VEGETABLE DUMPLINGS LO MEIN NOODLES SESAME VEGETABLES FRESH ORANGE + PINEAPPLE CHUNKS SUGAR COOKIE</p>	<p>PASTA TIME¹⁵ WHOLE GRAIN SPAGHETTI AND MEAT SAUCE FARM FRESH GREEN BEANS GARDEN SALAD GARLIC KNOT VEGGIE DIPPERS, GRAPES CHOCOLATE CHIP COOKIE</p>	<p>SUNSHINE BOWL¹⁶ SCRAMBLED EGGS CRISPY BACON THE REAL DEAL POTATO HOME FRIES FRESH CINNAMON ROLL TROPICAL FRUIT SALAD CELERY STICKS + DIP</p>	<p>CHEF SPECIAL¹⁷ TODAY'S ENTRÉE IS CHOSEN FROM STUDENT FAVORITES! SERVED WITH FRESH FRUITS VEGETABLES, 100% JUICE MILK VARIETY</p> 
 <h1>SPRING BREAK</h1> 				
<p>ASIAN FUSION²⁷ ZESTY ORANGE CHICKEN VEGETABLE FRIED RICE FRESH STIR-FRY SESAME VEGETABLES FRESH GRAPES CUCUMBERS + DIP 100% FRUIT SLUSH POP</p>	<p>CHICKEN PARM²⁸ CHICKEN PARMESAN SIDE OF PASTA ROASTED FARM VEGGIES FRESH ITALIAN BREAD FRESH CAESAR SALAD STRAWBERRY CUP FRESH CLEMENTINE</p>	<p>TEX-MEX NACHOS²⁹ ALL BEEF TEX-MEX NACHOS SPANISH RICE BLACK BEAN + CORN SALAD LETTUCE, TOMATO, SALSA SOUR CREAM FRESH ORANGE WEDGES</p>	<p>WINGS OF FIRE³⁰ REAL DEAL BUFFALO CHICKEN WINGS WHOLE GRAIN ROLL CRISPY WAFFLE FRIES RANCH & BLUE CHEESE WHOLE GRAIN ROLL BABY CARROTS + CELERY APPLE SLICES</p>	



ALL SCHOOL MEALS ARE FREE
DAILY ENTRÉE OPTIONS INCLUDE:



PIZZA STATION: CHEESE ~ PEPPERONI SLICES ~ SPECIALTY SLICES
THE GRILL STATION: CHEESEBURGERS, HOT DOGS, CHICKEN SANDWICHES AND MORE WITH FRENCH FRIES, COLD SANDWICHES OR WRAPS WITH BAKED CHIPS
BENTO BOX WITH PROTEINS, GRAINS, FRESH FRUITS, FRESH VEGETABLES, FRESH FROM THE GARDEN ENTRÉE SALADS AND DRESSINGS
ASSORTED FRESH FRUIT PARFAITS WITH GRANOLA

DAILY SIDE OPTIONS INCLUDE:

FRESH FRUIT, FRESH CUT VEGETABLES, CUPPED FRUIT, DRIED FRUIT,
ASSORTED MILK OPTIONS, AND 100% FRESH FRUIT JUICE

