

Middle School Menu

October 2024

Farm to School



ITEMS OF THE MONTH:
APPLE PEARS AND GRAPES

Key



House-Made



Vegetarian Entrees



Vegan Entrees
All fruits, fresh vegetables, & cereals are vegan.



Contains Pork



All grains are whole-grain rich
Except cinnamon roll



New Item

*MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE.



Scan QR code for more menu information.



MON	TUE	WED	THU	FRI
OFFERED DAILY BREAKFAST: <ul style="list-style-type: none"> Fruit Whole-Grain Cereals Yogurt with Granola String Cheese 100% Fruit Juice Low-Fat White Milk Nonfat Chocolate Milk 	BREAKFAST 1 Pizza Bagel Muffin LUNCH Beef Tacos BBQ Turkey Sliders Snack Box	BREAKFAST 2 House-Baked Cinnamon Roll PB&J Sandwich LUNCH Southwest Bean Burger Buffalo Chicken Mac & Cheese Chicken Tamale w/Spicy Beans	BREAKFAST 3 Bagel w/Cream Cheese Pan Dulce Concha LUNCH Pancakes & Sausage Chili Cheese Nachos Cheesy Breadsticks w/Marinara	BREAKFAST 4 Egg, Cheese, & Sausage Biscuit House-Baked Cinnamon Roll Cinnamon Cereal Bar LUNCH Chicken Drumstick & Waffle Spicy Bean Nachos Thai Sweet Chili Chicken Bowl
BREAKFAST 7 Pizza Stick Breakfast Bar LUNCH Chicken Tenders w/Cornbread Teriyaki Meatballs w/Rice Breaded Cheese Ravioli w/Marinara	BREAKFAST 8 Egg, Cheese & Turkey Ham Croissant Sandwich Blueberry Waffle LUNCH BBQ Turkey Mac & Cheese Cheeseburger/Hamburger Hot Dog Chocolate Chip Cookie	BREAKFAST 9 House-Baked Cinnamon Roll Egg & Cheese Biscuit LUNCH Kickin' Tenders w/Roll Chicken & Veggie Chow Mein Buffalo BBQ Chicken Sliders	BREAKFAST 10 Cinnamon Crumb Cake Mini Maple Pancakes LUNCH Chicken & Mashed Potato Bowl Chicken & Cheese Taquitos w/Guacamole Peach Yogurt Parfait	BREAKFAST 11 French Toast Sticks w/Fruit Dip House-Baked Cinnamon Roll Marshmallow Cereal Bar LUNCH PB&J Sandwich Chili Cheese Nachos Spaghetti w/Meatballs
NATIONAL SCHOOL LUNCH WEEK OCTOBER 14-18				
BREAKFAST 14 Egg, Cheese, & Sausage Croissant Sandwich Breakfast Bites LUNCH Meatball Sub Sandwich Orange Chicken w/Rice Bean & Cheese Burrito w/Pico	BREAKFAST 15 Pizza Bagel Muffin LUNCH Beef Tacos BBQ Turkey Sliders PB&J Protein Kit	BREAKFAST 16 House-Baked Cinnamon Roll PB&J Sandwich LUNCH Bean Burrito w/Pico Buffalo Chicken Mac & Cheese Chili Cheese Nachos	BREAKFAST 17 Bagel w/Cream Cheese Egg, Cheese, & Turkey Sausage Breakfast Burrito LUNCH Pancakes & Sausage Tamale w/Spicy Beans Cheesy Breadsticks w/Marinara <i>Farm to School Apple Pears</i>	BREAKFAST 18 Chicken Biscuit Sandwich House-Baked Cinnamon Roll Cinnamon Cereal Bar LUNCH Chicken Drumstick & Waffle Spicy Bean Nachos Kung Pao Chicken w/Rice
BREAKFAST 21 Pizza Stick Breakfast Bar LUNCH Boneless Wings w/Cornbread Teriyaki Chicken w/Rice Breaded Cheese Ravioli w/Marinara	BREAKFAST 22 Egg, Cheese & Turkey Ham Croissant Sandwich Cinnamon Waffle LUNCH Macaroni & Cheese Cheeseburger/Hamburger Corn Dog Chocolate Pudding	BREAKFAST 23 House-Baked Cinnamon Roll French Toast Sticks w/Fruit Dip LUNCH Chickpea Butter & Jelly (CB&J) Sandwich Bacon Chicken Ranch Wrap Buffalo BBQ Chicken Sliders	BREAKFAST 24 Cinnamon Crumb Cake Mini Maple Pancakes LUNCH Chicken & Mashed Potato Bowl Chicken & Cheese Taquitos w/Guacamole Grilled Cheese Sandwich	BREAKFAST 25 Bacon, Egg, & Cheese Biscuit Sandwich House-Baked Cinnamon Roll Marshmallow Cereal Bar LUNCH PB&J Sandwich Chili Cheese Nachos Buffalo BBQ Chicken Sandwich
BREAKFAST 28 Egg, Cheese, & Sausage Croissant Sandwich Breakfast Bites LUNCH Quesadilla Orange Chicken w/Rice Bean & Cheese Burrito w/Pico	BREAKFAST 29 Pizza Bagel Muffin LUNCH Beef Tacos BBQ Turkey Sliders Snack Box	BREAKFAST 30 House-Baked Cinnamon Roll PB&J Sandwich LUNCH Southwest Bean Burger Buffalo Chicken Mac & Cheese Chili Cheese Nachos	BREAKFAST 31 Pan Dulce Concha Egg, Cheese, & Turkey Sausage Breakfast Burrito LUNCH Pancakes & Sausage Bean & Cheese Pupusa Cheesy Breadsticks w/Marinara <i>Farm to School Grapes</i>	OFFERED DAILY LUNCH: <ul style="list-style-type: none"> Fruits & Vegetables Pizza Salads Sandwiches Yogurt with Granola 100% Fruit Juice Low-Fat White Milk Nonfat Chocolate Milk