

October 2021 Menus

Grants Pass School District No. 7 Middle School



Mon	Tue	Wed	Thu	Fri
				1 Cinnamon Bun Pizza PBJ Sandwich
4 Breakfast Round Cheesy Breadsticks/Marinara PBJ Sandwich	5 Asst. Muffins BBQ Rib Sandwich PBJ Sandwich	6 Bagel Day Chicken Sandwich PBJ Sandwich	7 Breakfast Sandwich Burrito Chicken Wrap	8 Professional Development Day
11 French Toast Stix Chicken Strips PBJ Sandwich	12 Biscuit w/Gravy Spaghetti Deli Sandwich	13 Fruit Frudel Burgers PBJ Sandwich	14 Breakfast Burrito Quesadilla Deli Sandwich	15 Cinni Variety Pizza Pocket PBJ Sandwich
18 Waffle Variety Chicken Nuggets PBJ Sandwich	19 Breakfast Bread Pizza Calzone Deli Sandwich	20 Pancake on Stick Chicken Sandwich PBJ Sandwich	21 Breakfast Round Beef Nachos Deli Sandwich	22 Buttermilk Bar Cheesy Breadsticks/ Marinara PBJ Sandwich
25 Mini Pancakes Chicken Strips PBJ Sandwich	26 Asst. Muffins Corn Dog Deli Sandwich	27 Bagel Day Burgers PBJ Sandwich	28 Breakfast Sandwich Quesadilla Deli Sandwich	29 Cinni Variety Pizza PBJ Sandwich

Daily Breakfast Offerings
 Benefit Bars
 Cereal
 Assorted Fruits
 100% Fruit Juice
 Milk Variety

Daily Lunch Offerings
 Fresh or Canned Fruit
 Hot Vegetable or
 Fresh Vegetable Variety
 100% Fruit Juice
 Milk Variety
Wed.- Potatoes
Mon. or Thurs.- Beans



Full Lunch Includes
 Entrée (meat or meat alternative)
 Grain or Bread
 Fruits / Vegetables (2 Servings)
 Low Fat White or Non Fat Chocolate Milk (1 Serving)

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