

Menus are subject to Change.  
 "This institution is an equal opportunity provider."

# OCTOBER 2021 Middle School Lunch Menu

Lunch includes 8oz of Skim, 1%, or Fat Free Chocolate Milk.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**4**

- Breaded Chicken Nuggets With a WG Dinner Roll
- Combo Pak #2
- Mashed Potatoes
- Celery Sticks
- Fresh Blueberries

**5**

- WG Mini Pancakes With Maple Syrup & Egg Patty
- Pizza Hut A+ Cheese or Pepperoni Pizza
- Steamed Green Beans
- Baby Carrots
- Diced Pears

**6**

- Macaroni & Cheese With a WG Dinner Roll
- Strawberry Parfait with Granola & Cheese Stick
- Steamed Carrots
- Tossed Salad
- Fresh Local Apple

**7**

- Cheeseburger On a Fresh WG Bun
- Hot & Spicy Chicken Patty On a Fresh WG Bun
- Baked Beans
- Fancy Coleslaw
- Chilled Applesauce

**1**

- Mini Cheese Calzones With Pizza Sauce
- Bacon Cheeseburger On a Fresh WG Bun
- Steamed Carrots
- Fresh Cauliflower
- Diced Pears
- Mini Rice Krispy Treat

**8**

- Mini Corn Dogs
- Breaded Chicken Nuggets With WG Dinner Roll
- Steamed Corn
- Tossed Salad & Spinach
- Fruit Cocktail

**11**

- Breaded Chicken Patty On a Fresh WG Bun
- Fiestada
- Steamed Green Beans
- Baby Carrots
- Mixed Fruit

**12**

- Chicken Alfredo Over Penne Noodles With a WG Dinner Roll
- Pizza Hut A+ Cheese or Pepperoni Pizza
- Steamed Peas
- Tossed Salad
- Orange Wedges

**13 E/R**

- Soft Shell Tacos With Cheese & Lettuce
- Blueberry Parfait With Granola & Cheese Stick
- Refried Beans
- Tossed Salad & Spinach
- Diced Pears

**14**

- Soft Pretzel With Creamy Cheese Sauce & Strawberry Banana Yogurt
- Chicken Nuggets With a WG Dinner Roll
- Steamed Corn
- Grape Tomatoes
- Chilled Applesauce

**15**

- Turkey Hot Dog On a Fresh WG Bun
- Combo Pak #1
- Steamed Carrots
- Power Peas
- Fresh Blueberries
- Chocolate Chip Cookie

**18**

- Cheeseburger On a Fresh WG Bun
- Combo Pak #2
- Steamed Corn
- Grape Tomatoes
- Craisins

**19**

- Deli Turkey Sandwich With Chicken & Rice Soup
- Pizza Hut A+ Cheese or Pepperoni Pizza
- Steamed Green Beans
- Baby Carrots
- Chilled Pears

**20**

- Cheese Quesadillas
- Breaded Chicken Patty On a Fresh WG Bun
- Steamed Carrots
- Fresh Broccoli
- Fresh Local Apple

**21**

- Breaded Chicken Nuggets With a WG Dinner Roll
- Deli Turkey Wrap
- Mashed Potatoes
- Garbanzo Beans
- Chilled Applesauce

**22**

NO SCHOOL

**25**

- Mini Cheese Calzones With Pizza Sauce
- Combo Pak #1
- Steamed Carrots
- Power Peas
- Fresh Strawberries

**26**

- French Toast Sticks With a Sausage Patty
- Pizza Hut A+ Cheese or Pepperoni Pizza
- Fresh Broccoli
- Fresh Cauliflower
- Warm Cinnamon Applesauce

**27**

- Macaroni & Cheese With WG Dinner Roll
- Breaded Chicken Nuggets With a WG Dinner Roll
- Steamed Corn
- Grape Tomatoes
- Fresh Local Apple

**28**

- Nacho Supreme With Chips, Cheese & Lettuce
- WG Dinner Roll
- Chicken Caesar Wrap
- Black Bean & Corn Salsa
- Tossed Salad
- Chilled Fruit Cocktail

**29**

- Teriyaki Chicken Over Brown Rice With a WG Dinner Roll
- Breaded Chicken Patty on a Fresh WG Bun
- Garbanzo Beans
- Baby Carrots
- Fresh Blueberries
- Fortune Cookie

WG = Whole Grain  
 E/R = Early Release  
 ■ = First Choice ■ = Second Choice  
 Beef = 🐄 Pork = 🐷 Chicken = 🐔 Fish = 🐟

**nutrislice**  
 For nutritional information please visit our Nutrislice Website at [Oshkosh.nutrislice.com](http://Oshkosh.nutrislice.com)  
 Questions? Please contact Michele Stahmann at 920-424-4936

Combo Pack #1: Bagel w/ Cream Cheese, Yogurt Cup, & String Cheese  
 Combo Pack #2: Blueberry Mini Waffles, Yogurt Cup & String Cheese  
 Combo Pack #3: Cereal Bar, WG Crackers, & String Cheese  
 Combo Pack #4: WG Muffin, Yogurt Cup, WG Crackers, & String Cheese