

October 2021 Middle School

Meal 1	Monday 4-Oct	Tuesday 5-Oct	Wednesday 6-Oct	Thursday 7-Oct	Friday 8-Oct
Breakfast Juice and:	Cereal Bowl/Cheese Stick Applesauce	Muffin Orange Slices	Breakfast Pastry Apple Slices	Breakfast Kit w/Juice Peaches	BeneFit Bar Pears
Lunch					
Entree Veg Entree	Turkey Stick/Cheese/Chips & Salsa Cheese Filled Breadsticks/Marinara Pizza	Chicken Tenders Chalupa/Salsa Hamburger/Cheeseburger	Beef Rib B-Q Sunbutter & Bug Bites Chicken Sandwich	Hamburger/Bun & Chips Omelet/Muffin Pizza	Deli Sub & Chips Pizza Chicken Sandwich
Veggies	Broccoli Florets/w dip Black Beans	Zucchini Coins Roasted Potatoes	Garden Salad Green Beans	Carrots Emoji Fries	Red Pepper Strips Cucumbers
Fruit	Pears	Pineapples	Peaches	Orange Slices	Apple Slices
2	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct
Breakfast Juice and:		Mini Pancakes Peaches	Breakfast Kit w/Juice Applesauce	Zucchini Bread Apple Slices	Cereal Bar Orange Slices
Lunch	NO SCHOOL - Columbus Day				
Entree Veg Entree		All Beef Hot Dogs Bean & Cheese Burrito/Salsa Pizza	Chicken Nuggets/Dinner Roll Vegetarian Nuggets Hamburger/Cheeseburger	Walking Taco Grilled Cheese Chicken Sandwich	Chicken Patty/Bun Cheese Filled Breadsticks/Marinara Hamburger/Cheeseburger
Veggies		Celery/Carrot Sticks Vegetarian Beans	Red Pepper Strips Cucumbers	Grape Tomatoes Refried Beans	Broccoli Florets Seasoned Potato Wedges
Fruit		Strawberries	Pineapples	100% Juice Ice Slushie	Apple Slices
3	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct
Breakfast Juice and:	Mini Cinnis Applesauce	Breakfast Bar/Cheese Stick Peaches	Banana Bread Orange Slices	Breakfast Kit w/Juice Fruit Cocktail	Cereal Bowl/Cheese Cubes Apple Slices
Lunch					
Entree Veg Entree	Corn Dog or Mini Corn Dogs Cheese Quesadilla/Salsa Chicken Sandwich	Turkey Stick/Cheese/Muffin Pizza Hamburger/Cheeseburger	Chicken Tenders & Goldfish Crackers Deli Sub Pizza	Beef Flatbread Sandwich Build Your Own Flatbread Pizza Chicken Sandwich	Chicken & Rice Bowl Vegetarian Rice Bowl Hamburger/Cheeseburger
Veggies	Grape Tomatoes Refried Beans	Broccoli Florets Garden Salad	Carrot Sticks Green Beans	Cucumbers Baked Fries	Side Salad Oriental Vegetables
Fruit	Applesauce	Pears	Mandarin Oranges	Orange Slices	Apple Slices
4	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct
Breakfast Juice and:	Breakfast Kit W/Juice Orange Slices	Mini Pancakes Applesauce	Cereal Bowl/Bug Bites Mandarin Oranges	Fruit Filled Pastry Apple Slices & Hard Cooked Egg	Breakfast Bar Applesauce
Lunch					
Entree Veg Entree	Chicken Nuggets & Goldfish Crackers Vegetarian Nuggets Hamburger/Cheeseburger	Fish Sandwich or Sticks Cheesy Tots w/Broccoli & Cornbread Pizza	Sloppy Joe w/Chips Omelet/Muffin Chicken Sandwich	All Beef Hot Dogs Grilled Cheese Pizza	Chicken Nachos Pizza Hamburger/Cheeseburger
Veggies	Garden Salad Red Pepper Strips	Carrot/Celery Sticks Roasted Potatoes	Broccoli Florets Waffle Fries	Cauliflower Florets Tomato Soup	Red Pepper Strips Black Beans
Fruit	Peaches	100% Juice Ice Slushie	Orange Slices	Apple Slices	Mandarin Oranges
5	1-Nov	2-Nov	3-Nov	4-Nov	5-Nov
Breakfast Juice and:	Breakfast Kit w/Juice Fruit Cocktail	Mini Cinnis Applesauce	Yogurt/Bug Bites Peaches	BeneFit Bar Orange Slices	Cereal Bowl Apple Slices
Lunch					
Entree Veg Entree	Orange Chicken/Rice Sunbutter Pack Pizza	Wrap Sandwich Lasagna Hamburger/Cheeseburger	Burrito Bowl Cheese Filled Breadsticks/Marinara Chicken Sandwich	Beef Sub Sandwich Yogurt/Cheese/Grain Pizza	Chicken Patty/Bun Mac & Cheese Hamburger/Cheeseburger
Veggies	Jicama/Beet Sticks Oriental Vegetables	Zucchini Coins Cucumber Slices	Garden Salad Black Beans	Red Pepper Strips Sweet Potato Fries	Broccoli Florets Whole Kernel Corn
Fruit	100% Juice Ice Slushie	Peaches	Juice	Pineapples	Pears