

PULASKI COUNTY SCHOOLS

MIDDLE SCHOOL

LUNCH MENU

AUGUST— OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Fish Nuggets or WG Chicken Nuggets. WG Sister Schubert's Mashed Potatoes, Glazed Carrots Fresh Strawberry, Pineapple Tidbits Assorted Milk	Breakfast for Lunch: Scrambled Eggs, Sausage Patty Breakfast Gravy, Biscuit, Hash Browns Grape Tomato Fried Apples, Fresh Strawberry Assorted Milk	Bacon Cheeseburger or Hamburger on WG Bun Curly Fries, Baked Beans Lettuce & Tomato Mandarin Oranges, Grapes Assorted Milk	WG Big Daddy's Cheese Pizza or Spaghetti with Meat Sauce WG Bosco Sticks Spring Salad, Whole Kernel Corn Watermelon, Sliced Peaches Assorted Milk	Pulled Pork Barbeque on WG Bun or WG Calzone Curly Fries, Broccoli & Cheese Grapes, Sliced Pears Assorted Milk
Hot Dog with Chili Sauce Sliced Cheese, or WG Chicken Burger Macaroni & Cheese Baked Beans , Emoji Fries Fresh Strawberry, Sliced Peaches Assorted Milk	Walking Taco or Chicken Fajita Whole Kernel Corn Spanish Rice, Cheese Salsa , Lettuce & Tomato Baked Potatoes, Watermelon, Sliced Peaches Assorted Milk, Butter, Sour Cream	Hot Ham & cheese on WG Bread Or WG Stuff Crust Pizza Cavendish Fries, Green Beans Fresh Grapes, Mandarin Oranges Assorted Milk	Chicken Strips or Meat Loaf WG Sister Schubert's Scalloped Potatoes, Glazed Carrots Fresh Strawberry, Pineapple Tidbits Assorted Milk	Sub Sandwich on WG Bun or Ham Wrap Lettuce & Tomato Cavendish Fries Broccoli & Cheese Banana, Mandarin Oranges Assorted Milk
WG Fish Nuggets or WG Chicken Nuggets. WG Sister Schubert's Mashed Potatoes, Green Beans Fresh Strawberry, Pineapple Tidbits Assorted Milk	Cheeseburger or Sloppy Joe on WG Bun Tomato & Lettuce, Curly Fries Baby Carrots Grapes, Sliced Pears Assorted Milk	WG Big Daddy's Cheese Pizza or Spaghetti with Meat Balls WG Bosco Sticks Romaine Salad, Whole Kernel Corn Watermelon, Sliced Peaches Assorted Milk	Pulled Pork Barbeque on WG Bun or WG Calzone Baked Beans, Broccoli & Cheese Grapes, Sliced Pears Assorted Milk	Chicken Wrap or WG Corn Dog Cucumber & Grape Tomato Emoji Fries Watermelon, Pineapple Tidbits Assorted Milk
Hot Dog with Chili Sauce Sliced Cheese, or WG Chicken Burger Macaroni & Cheese Baked Beans , Emoji Fries Fresh Strawberry, Sliced Peaches Assorted Milk	Sub Sandwich on WG Bun or Ham Wrap Lettuce & Tomato Cavendish Fries Broccoli & Cheese Banana, Mandarin Oranges Assorted Milk	Walking Taco or Chicken Fajita Whole Kernel Corn Spanish Rice, Cheese Salsa , Lettuce & Tomato Baked Potatoes, Watermelon, Sliced Peaches Assorted Milk, Butter, Sour Cream	Hot Ham & cheese on WG Bread Or WG Stuff Crust Pizza Cavendish Fries, Green Beans Fresh Grapes, Mandarin Oranges Assorted Milk	Chicken Strips or Meat Loaf WG Sister Schubert's Scalloped Potatoes, Glazed Carrots Fresh Strawberry, Pineapple Tidbits Assorted Milk

August 2022					September 2022					October 2022				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
1	2	3	4	5				1	2	3	4	5	6	7
8	9	10	11	12	5	6	7	8	9	10	11	12	13	14
15	16	17	18	19	12	13	14	15	16	17	18	19	20	21
22	23	24	25	26	19	20	21	22	23	24	25	26	27	28
29	30	31			26	27	28	29	30	31				

Middle School Lunch: Fluid Milk 1% or Fat Free 1/2 pint (1c)

Meat/Meat Alternate: 9 ounces per week

Fruit—1/2 cup, Vegetable 3/4 cup

This institution is an equal opportunity provider.

Menu is subject to change without notice due to availability. Revised: 8/2/22