

2022 October

Middle School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Sloppy Joes Fritos	Chicken Sandwich (Regular or Spicy)	Brunch For Lunch French Toast Flavored Muffin Chicken Sausage Patties	Pizza (Turkey Pepperoni or Cheese) Caesar Salad	Mac and Cheese Garlic Toast
International Poppin' Flavored Popcorn Chicken Day Southern Style OR Nashville Hot Fritos	International Orange Chicken with White Rice Chicken Pot Sticker	International Chicken Taco in a Bag	International Penne Grilled Chicken Alfredo Breadstick	International General Tso Chicken Lo Mein Noodles
Garlic California Vegetables Fresh Fruit Assorted Fresh Vegetables Baked Beans	Honey Roasted Carrots Fresh Fruit Assorted Fresh Vegetable	Potato Patties Fresh Fruit Assorted Fresh Vegetables	Steamed Seasoned Broccoli Fresh Fruit Assorted Fresh Vegetables	Ginger Stir-Fry Vegetables Fresh Fruit Assorted Fresh Vegetables
Manager Choice Grab and Go Salad	Manager Choice Grab and Go Sandwich	Manager Choice Grab and Go Salad	Manager Choice Grab and Go Sandwich	Manager Choice Grab and Go Salad
10	11	12	13	14
Chicken Tender (Regular or Spicy) Garlic Breadstick	Breaded Chicken Drumstick Mashed Potatoes Chicken Gravy Dinner Roll	Mini Chicken Corndogs Chips	Chicken Wing Day Salted Pretzel with Cheese Sauce	Build your own Beef Nachos (Beef Taco Meat / Cheese Sauce) Corn Tortilla Chips
International Rotini and Beef Meat Sauce Garlic Breadstick Parmesan Spinach Alfredo with Tortilla Chips Fresh Fruit Assorted Fresh Vegetables	International Italian Dunker with Marinara Sauce Caesar Salad Savory Green Beans with Onions Fresh Fruit Assorted Fresh Vegetables	International Baja Beef Burrito Bowl with Flour Tortilla Cilantro Lime Rice Buttered Corn Fresh Fruit Assorted Fresh Vegetable Southwest Beans	International Cheeseburger Oven Roasted Brussel Sprouts Fresh Fruit Assorted Fresh Vegetable	International Sesame Chicken with Fried Rice Vegetable Eggroll Oven Roasted Sweet Potatoes Fresh Fruit Assorted Fresh Vegetables Fresh Baked Cookie
Manager Choice Grab and Go Salad	Manager Choice Grab and Go Sandwich	Manager Choice Grab and Go Salad	Manager Choice Grab and Go Sandwich	Manager Choice Grab and Go Salad
17	18	19	20	21
Grilled Cheese Tomato Soup	Country Fried Beef Steak Mashed Potatoes & Country Gravy Dinner Roll	Brunch For Lunch French Toast Flavored Muffin Chicken Sausage Patties Potato Patties	No School	No School
International Thai Sweet Chili Chicken with White Rice Chicken Pot Sticker Buffalo Cauliflower Fresh Fruit Assorted Fresh Vegetables	International Penne Grilled Chicken Alfredo Garlic Toast Honey Roasted Carrots Fresh Fruit Assorted Fresh Vegetables	International Chicken Sandwich (Regular or Spicy) Oven Roasted Broccoli Fresh Fruit Assorted Fresh Vegetables		
Manager Choice Grab and Go Salad	Manager Choice Grab and Go Sandwich	Manager Choice Grab and Go Salad		
24	25	26	27	28
Chicken Wing Day Salted Pretzel with Cheese Sauce	Cheeseburger	Chicken Bites Mashed Potatoes and Chicken Gravy Dinner Roll	Cheesy Beef Totchos Fritos	Mini Chicken Corndogs Chips
International Rotini and Beef Meatball Marinara Garlic Breadstick Parmesan Spinach Alfredo with Tortilla Chips Fresh Fruit Assorted Fresh Vegetables	International KC Mesquite BBQ Chicken Drumstick Cornbread Fritos Sweet Potato Fries Fresh Fruit Assorted Fresh Vegetables Baked Beans	International Italian Dunker with Marinara Sauce Caesar Salad Mashed Potatoes and Chicken Gravy Fresh Fruit Assorted Fresh Vegetables	International Spicy Szechuan Chicken Fried Rice Vegetable Egg Roll Oven Roasted Brussel Sprouts Fresh Fruit Assorted Fresh Vegetables	International Hearty Beef Lasagna Garlic Toast Savory Green Beans and Onions Fresh Fruit Assorted Fresh Vegetables
Manager Choice Grab and Go Salad	Manager Choice Grab and Go Sandwich	Manager Choice Grab and Go Salad	Manager Choice Grab and Go Salad	Manager Choice Grab and Go Sandwich
31				
Sloppy Joes Fritos				
International Poppin' Flavored Popcorn Chicken Day Southern Style OR Nashville Hot Fritos Garlic California Vegetables Fresh Fruit Assorted Fresh Vegetables Baked Beans				
Manager Choice Grab and Go Salad				

IN SCHOOL OFFERED DAILY:

Manager Choice of: Yogurt Parfait, or Peanut Butter or Sun Butter and Jelly sandwich

*In the event that school is closed due to inclement weather, the menu offerings from the initial day school is closed will be the offerings on the following school day.

This institution is an equal opportunity provider.