



# October 2023

## Middle School Lunch Menu Attea and Springman



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meatball Sub <sup>2</sup></p> <p>Spicy Black Bean Burger</p> <p>Cheese or Pepperoni Pizza Slice</p> <p>Yogurt Parfait</p> <p>Waffle Fries</p>	<p>Alfredo Pasta with Cheesy Garlic Bread <sup>3</sup></p> <p>Spicy or Plain Crispy Chicken Sandwich</p> <p>Chicken Caesar Salad</p> <p>Parmesan Roasted Broccoli</p>	<p>Chicken Burrito Bowl with Cilantro Rice <sup>4</sup></p> <p>Cheese or Turkey Pepperoni Pizza Slice</p> <p>Chopped Chicken Salad</p> <p>Refried Beans Jalapeno Corn &amp; Bean Salsa</p>	<p>Honey Sriracha Boneless Wings or Buffalo Vegan Nuggets <sup>5</sup></p> <p>Hamburger or Cheeseburger</p> <p>Southwest BBQ Chicken Salad</p> <p>Sweet Potato Fries</p> <p>Soft Pretzel</p>	<p>Szechuan Chicken Potstickers <sup>6</sup></p> <p>Bosco Sticks with Marinara Sauce</p> <p>Yogurt Parfait</p> <p>Stir Fry Veggies</p>
<p>Chicken Tenders <sup>9</sup></p> <p>Homestyle Mac n' Cheese</p> <p>Cheese or Turkey Pepperoni Pizza Slice</p> <p>Yogurt Parfait</p> <p>Cornbread Tater Tots</p>	<p>Pasta with Meatballs or Pasta with Marinara Sauce and Cheese <sup>10</sup></p> <p>Spicy or Plain Crispy Chicken Sandwich</p> <p>Chicken Caesar Salad</p> <p>Roasted Veggies Garlic Bread</p>	<p>Beef Nachos or Taco Salad <sup>11</sup></p> <p>Cheese or Buffalo Chicken Pizza Slice</p> <p>BLT Salad with Chicken</p> <p>Refried Beans with Cheese Elote Corn</p>	<p>BBQ or Buffalo Chicken Drumsticks <sup>12</sup></p> <p>Hamburger / Cheeseburger Black Bean Burger</p> <p>Southwest BBQ Chicken Salad</p> <p>Garlic Potatoes Biscuit</p>	<p>No School <sup>13</sup></p>
<p>Chicken Tater Bowl <sup>16</sup></p> <p>Vegan Chicken Tater Bowl</p> <p>Cheese or Turkey Pepperoni Pizza Slice</p> <p>Yogurt Parfait</p> <p>Biscuit Tater Tots</p>	<p>Pasta with Meat Sauce or Baked Mostaccioli <sup>17</sup></p> <p>Spicy or Plain Crispy Chicken Sandwich</p> <p>Chicken Caesar Salad</p> <p>Roasted Veggies Garlic Bread</p>	<p>Beef or Bean Nachos <sup>18</sup></p> <p>Cheese or Turkey Pepperoni Pizza Slice</p> <p>Buffalo Chicken Salad</p> <p>Refried Beans with Cheese</p>	<p>Chicken, Bacon, &amp; Cheddar Flatbread <sup>19</sup></p> <p>Falafel Pita</p> <p>Bosco Sticks &amp; Marinara</p> <p>Southwest BBQ Chicken Salad</p> <p>Cucumber Tomato Salad</p>	<p>Buffalo Chicken Grilled Cheese <sup>20</sup></p> <p>All American Grilled Cheese</p> <p>Chicago Style Hot Dog</p> <p>Yogurt Parfait</p> <p>Tomato Soup</p>
<p>Meatball Sub <sup>23</sup></p> <p>Spicy Black Bean Burger</p> <p>Cheese or Pepperoni Pizza Slice</p> <p>Yogurt Parfait</p> <p>Waffle Fries</p>	<p>Alfredo Pasta with Cheesy Garlic Bread <sup>24</sup></p> <p>Spicy or Plain Crispy Chicken Sandwich</p> <p>Chicken Caesar Salad</p> <p>Parmesan Roasted Broccoli</p>	<p>Chicken Burrito Bowl with Cilantro Rice <sup>25</sup></p> <p>Cheese or Turkey Pepperoni Pizza Slice</p> <p>Chopped Chicken Salad</p> <p>Refried Beans Jalapeno Corn &amp; Bean Salsa</p>	<p>Honey Sriracha Boneless Wings or Buffalo Vegan Nuggets <sup>26</sup></p> <p>Hamburger or Cheeseburger</p> <p>Southwest BBQ Chicken Salad</p> <p>Sweet Potato Fries</p> <p>Soft Pretzel</p>	<p>Szechuan Chicken Potstickers <sup>27</sup></p> <p>Bosco Sticks with Marinara Sauce</p> <p>Yogurt Parfait</p> <p>Stir Fry Veggies</p>
<p>Chicken Tenders <sup>30</sup></p> <p>Homestyle Mac n' Cheese</p> <p>Cheese or Turkey Pepperoni Pizza Slice</p> <p>Yogurt Parfait</p> <p>Cornbread Tater Tots</p>	<p>Pasta with Meatballs or Pasta with Marinara Sauce and Cheese <sup>31</sup></p> <p>Spicy or Plain Crispy Chicken Sandwich</p> <p>Chicken Caesar Salad</p> <p>Roasted Veggies Garlic Bread</p> <p>Halloween Cookie</p>	<div style="text-align: center;">  <p>www.GetChoosi.com</p> </div>	<p>All lunch entrees offered with choice of fruit(s), vegetable(s), and milk</p> <p><b>Complete Lunch \$3.50</b></p>	<p><b>Daily Cold Lunch:</b> PB&amp;J Uncrustable Sandwiches &amp; Wraps</p> <p>Produce bar offered daily with a variety of fruits and vegetables.</p>

MENU SUBJECT TO CHANGE

This institution is an equal opportunity provider