

# What's on the Menu?

## Middle School Lunch Menu October 1-4

Monday

Tuesday

Wednesday

Thursday

Friday

### create

Menu Items

Menu Items

**Celebrate  
Hispanic Heritage Month**  
**Beef Tacos**  
Rice  
Seasoned Black Beans

Menu Items

**Breakfast for Lunch**  
**Fluffy Pancakes**  
Turkey Sausage  
Fruit Compote

Menu Items

**No School**  
Rosh Hashanah

Menu Items  
**Student Choice  
Station**

**CHAAT HOUSE**  
**Curry Chicken**  
Chickpea & Spinach  
Sautee  
Rice

### grilled

Menu Items

Menu Items

BLT Sandwich  
  
Seasoned fries

Menu Items

Nashville Hot Chicken  
Sandwich  
  
Seasoned fries

Menu Items

Roast Beef & Cheese  
Sandwich  
  
Seasoned fries

Menu Items

Mozzarella & Tomato  
Panini  
  
Seasoned fries



Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza

### ON THE GO

Assorted Fresh Salads  
Fruit Cups  
Yogurt Parfaits

Assorted Fresh Salads  
Fruit Cups  
Yogurt Parfaits

Assorted Fresh Salads  
Fruit Cups  
Yogurt Parfaits

Assorted Fresh Salads  
Fruit Cups  
Yogurt Parfaits



Vegetarian



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# What's on the Menu?

## Middle School Lunch Menu October 7-11

Monday

Tuesday

Wednesday

Thursday

Friday

### create

Menu Items

**Penne Pasta**  
Marinara Sauce  
Meat Sauce  
Mixed Veggie

Menu Items

**Sloppy Joe**  
  
French Fries

Menu Items

**Breakfast for Lunch!**

**French Toast Sticks**  
Turkey Sausage  
Fruit Compote

Menu Items

**General Tso's Chicken**  
Rice  
Seasoned Broccoli

Menu Items

**American Cheese  
Burger**  
Tater Tots

### grilled

Menu Items

**Beef Hot Dog**  
  
Seasoned fries

Menu Items

**Chicken Caesar Wrap**  
  
Seasoned fries

Menu Items

**Beef Quesadilla**  
  
Seasoned fries

Menu Items

**Hot Ham & Swiss  
Sandwich**  
Seasoned fries

Menu Items

**BBQ Riblet Sandwich**  
  
Seasoned fries



Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza

### ON THE GO

Assorted Fresh Salads	Assorted Fresh Salads	Assorted Fresh Salads	Assorted Fresh Salads	Assorted Fresh Salads
Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups	Fruit Cups
Yogurt Parfaits	Yogurt Parfaits	Yogurt Parfaits	Yogurt Parfaits	Yogurt Parfaits



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# What's on the Menu?

## Middle School Lunch Menu October 14-18

Monday

Tuesday

Wednesday

Thursday

Friday

### create

Menu Items

**Chicken Alfredo Pasta**  
Seasoned Broccoli

Menu Items

**Chicken Fajitas**  
Onions & Peppers  
Rice

Menu Items

**Breakfast for Lunch!**  
**Crispy Waffles**  
Turkey Sausage  
Fruit Compote

Menu Items

**Discovery Kitchen**  
**Seed to Table**  
Black Bean & Corn  
Nachos  
Rice

Menu Items

**Half Day**  
**Chicken Nuggets**  
Fries  
Seasoned Veggie

### grilled

Menu Items

**Chicken Bacon Ranch**  
**Wrap**

Seasoned fries

Menu Items

**Chicken Pesto**  
**Ciabatta**

Seasoned fries

Menu Items

**Chicken & Cheese**  
**Quesadilla**

Seasoned fries

Menu Items

**American Cheese**  
**Burger**

Seasoned fries

Menu Item

**Fish Sandwich**

Seasoned fries



Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza

### ON THE GO

Assorted Fresh Salads  
Fruit Cups  
Yogurt Parfaits

Assorted Fresh Salads  
Fruit Cups  
Yogurt Parfaits

Assorted Fresh Salads  
Fruit Cups  
Yogurt Parfaits

Assorted Fresh Salads  
Fruit Cups  
Yogurt Parfaits

Assorted Fresh Salads  
Fruit Cups  
Yogurt Parfaits



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# What's on the Menu?

## Middle School Lunch Menu October 21-25

Monday

Tuesday

Wednesday

Thursday

Friday

### create

Menu Items

**Penne Pasta**  
Marinara & Meatballs  
Mixed Veggie

Menu Items

**Beef Nachos**  
Rice  
Black beans

Menu Items

**Breakfast for Lunch**

**Fluffy Pancakes**  
Turkey Sausage  
Fruit Compote

Menu Items

**Sweet & Sour Chicken**  
Rice  
Seasoned Green Beans

Menu Items

**Student Choice Station**  
**BBQ Pulled Pork Sandwich**  
Seasoned Corn  
Sweet Potato Fries

### grilled

Menu Items

**Grilled Cheese**

Seasoned fries

Menu Items

**Meatball Sub**

Seasoned fries

Menu Items

**Turkey Club Sandwich**

Seasoned fries

Menu Items

**Philly Cheese Steak Grinder**

Seasoned fries

Menu Items

**Buffalo Chicken Wrap**

Seasoned fries



Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza

### ON THE GO

Assorted Fresh Salads

Fruit Cups  
Yogurt Parfaits

Assorted Fresh Salads

Fruit Cups  
Yogurt Parfaits

Assorted Fresh Salads

Fruit Cups  
Yogurt Parfaits

Assorted Fresh Salads

Fruit Cups  
Yogurt Parfaits

Assorted Fresh Salads

Fruit Cups  
Yogurt Parfaits



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# What's on the Menu?

## Middle School Lunch Menu October 28-31

Monday

Tuesday

Wednesday

Thursday

Friday

### create

Menu Items

**Stuffed Mozzarella  
Cheese Bread Sticks**  
Marinara Sauce  
Mixed Veggie

Menu Items

**Beef Tacos**  
Rice  
Seasoned Black Beans

Menu Items

**Breakfast for Lunch**  
**French Toast Sticks**  
Turkey Sausage  
Fruit Compote

Menu Items

**Happy Halloween!**  
**Macaroni & Cheese**  
Seasoned Broccoli

Menu Items

### grilled

Menu Items

Chicken Parm  
Sandwich

Seasoned fries

Menu Items

BLT Sandwich

Seasoned Fries

Menu Items

Nashville Hot Chicken  
Sandwich

Seasoned Fries

Menu Items

Roast Beef & Cheese  
Sandwich

Seasoned Fries

Menu Items



Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza

### ON THE GO

Assorted Fresh Salads  
Fruit Cups  
Yogurt Parfait

Assorted Fresh Salads  
Fruit Cups  
Yogurt Parfait

Assorted Fresh Salads  
Fruit Cups  
Yogurt Parfait

Assorted Fresh Salads  
Fruit Cups  
Yogurt Parfait



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