

# Middle School Lunch Menu

## October 2024

### MONDAY



### TUESDAY

1

**LUNCH**  
Choose 1 Entrée:  
Korean BBQ Chicken Sub  
Mozzarella Stuffed Breadsticks & Sauce  
Chicken Caesar Wrap

Choose up to 2 Fruits & 2 Veggies  
Roasted Broccoli  
Fruit & Veggie Garden Bar

### WEDNESDAY

2

**LUNCH**  
Choose 1 Entrée:  
Beef Walking Dorito Nachos  
Flour Tortilla Carnitas  
Italian Sub

Choose up to 2 Fruits & 2 Veggies  
Mexican Black Beans  
Fruit & Veggie Garden Bar

### THURSDAY

3

**LUNCH**  
Choose 1 Entrée:  
Bacon Cheeseburger  
Chicken Pho Bowl  
Strawberry Fields Parfait

Choose up to 2 Fruits & 2 Veggies  
Parmesan Green Beans  
Fruit & Veggie Garden Bar

### FRIDAY

4

**LUNCH**  
Choose 1 Entrée:  
Pepperoni or Cheese Pizza  
Breaded Chicken & Waffles  
Garden Fiesta Salad

Choose up to 2 Fruits & 2 Veggies  
Tater Tots  
Fruit & Veggie Garden Bar

7

**LUNCH**  
Beef & Cheese Nachos  
Spicy Chicken Sandwich  
Blueberry Patch Parfait

Choose up to 2 Fruits & 2 Veggies  
Pinto Beans  
Fruit & Veggie Garden Bar

8

**LUNCH**  
Choose 1 Entrée:  
Teriyaki Chicken & Steamed Rice  
Mozzarella Stuffed Breadsticks  
American Style Deli Sub

Choose up to 2 Fruits & 2 Veggies  
Roasted Broccoli  
Fruit & Veggie Garden Bar

9

**LUNCH**  
Choose 1 Entrée:  
Cuban Mojo Chicken Sandwich  
Beef Walking Dorito Nachos  
Buffalo Chicken Wrap

Choose up to 2 Fruits & 2 Veggies  
Country Style Potato Wedges  
Fruit & Veggie Garden Bar

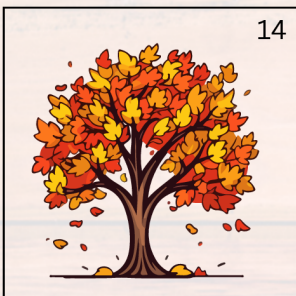
10

**LUNCH**  
Choose 1 Entrée:  
Penne Pasta Chicken Alfredo & Breadstick  
Bacon Cheeseburger  
Chicken Caesar Salad & Breadsticks

Choose up to 2 Fruits & 2 Veggies  
Parmesan Green Beans  
Fruit & Veggie Garden Bar

11

**Staff Day**  
No Students



16

**LUNCH**  
Choose 1 Entrée:  
Greek Cannonball Sub  
Catch of the Day Fish Sandwich  
Captain's Crispy Chicken Wrap

Choose up to 2 Fruits & 2 Veggies  
Golden Carrot Coins  
Fruit & Veggie Garden Bar

18

**LUNCH**  
Choose 1 Entrée:  
Cheese or Pepperoni Pizza  
Teriyaki Chicken Tortillas  
Double Berry Parfait

Choose up to 2 Fruits & 2 Veggies  
Spicy Asian Vegetable Blend  
Fruit & Veggie Garden Bar

21

**LUNCH**  
Choose 1 Entrée:  
Buttermilk Pancakes & Sausage  
Spicy Chicken Sandwich  
Turkey and Cheese Sub

Choose up to 2 Fruits & 2 Veggies  
Tater Tots  
Fruit & Veggie Garden Bar

22

**LUNCH**  
Choose 1 Entrée:  
Buffalo Chicken or Cheese Pizza  
Hamburger  
Chicken Caesar Wrap

Choose up to 2 Fruits & 2 Veggies  
Carrot Coins  
Fruit & Veggie Garden Bar

23

**LUNCH**  
Choose 1 Entrée:  
Beef Walking Nachos  
Cuban Mojo Chicken Sandwich  
Italian Sub

Choose up to 2 Fruits & 2 Veggies  
Black Beans  
Fruit & Veggie Garden Bar

24

**LUNCH**  
Choose 1 Entrée:  
Mexican Tinga Chicken & Cilantro Lime Rice  
Bacon Cheeseburger  
Strawberry Fields Parfait

Choose up to 2 Fruits & 2 Veggies  
Corn  
Fruit & Veggie Garden Bar

25

**LUNCH**  
Choose 1 Entrée:  
Cheese or Pepperoni Pizza  
Greek Meatball Flatbread Rollup  
Garden Fiesta Salad

Choose up to 2 Fruits & 2 Veggies  
Roasted Broccoli  
Fruit & Veggie Garden Bar

28

**LUNCH**  
Choose 1 Entrée:  
Chili & Breadsticks  
Crispy Chicken Sandwich  
Blueberry Patch Parfait

Choose up to 2 Fruits & 2 Veggies  
Crinkle Cut Fries  
Fruit & Veggie Garden Bar

29

**LUNCH**  
Choose 1 Entrée:  
Enchiladas  
Mozzarella Stuffed Breadsticks & Sauce  
Hearty Garden Vegetable Salad & Breadsticks

Choose up to 2 Fruits & 2 Veggies  
Mex Roasted Sweet Potatoes  
Fruit & Veggie Garden Bar

30

**LUNCH**  
Choose 1 Entrée:  
Beef Walking Dorito Nachos  
Chicken Tenders & Breadstick  
Buffalo Chicken Wrap

Choose up to 2 Fruits & 2 Veggies  
Black Beans  
Fruit & Veggie Garden Bar

31

**HAPPY HALLOWEEN**  
**LUNCH**  
Choose 1 Entrée:  
Monster Mashed Potato Bowl & Breadsticks  
Spook-etti & Meat Sauce with Garlic Knot Breadstick  
"Candy Corn" (Orange Pineapple) Yogurt Parfait

Choose up to 2 Fruits & 2 Veggies  
Corn  
Fruit & Veggie Garden Bar



Students are entitled to their choice of entrée, 2 fruits, 2 vegetables and 1 milk with lunch.

A variety of fruits, vegetables and milk served with lunch daily.

Carbohydrates are in ( ) and are dependent on product availability.

Menus are subject to change.

Peanut butter (32-33g) and sunbutter and jelly (32-33g) served daily with crackers (17g), pretzel goldfish (16g) or cheese stick (0g) in approved schools.

This institution is an equal opportunity provider.



# Middle School Breakfast Menu

## October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>BREAKFAST</p> <p>Chicken Biscuit Sandwich</p> <p>Cereal with Graham Crackers or Cheese Stick</p>	<p>2</p> <p>BREAKFAST</p> <p>Cinnamon Chip Scone</p> <p>Cereal with Graham Crackers or Cheese Stick</p>	<p>3</p> <p>BREAKFAST</p> <p>Colby Cheese Omelet &amp; Buttery Wheat Toast</p> <p>Frosted Fudge Poptart with Graham Crackers</p>	<p>4</p> <p>BREAKFAST</p> <p>French Toast Bites</p> <p>Blueberry Patch Parfait</p>
<p>7</p> <p>BREAKFAST</p> <p>Wild Blueberry Waffles</p> <p>Just Peachy Parfait</p>	<p>8</p> <p>BREAKFAST</p> <p>Breakfast Bagel Sandwich</p> <p>Cereal with Graham Crackers or Cheese Stick</p>	<p>9</p> <p>BREAKFAST</p> <p>Apple Frudel Stick</p> <p>Cereal with Graham Crackers or Cheese Stick</p>	<p>10</p> <p>BREAKFAST</p> <p>Cinnamon Roll</p> <p>Cereal with Graham Crackers or Cheese Stick</p>	<p>11</p> <p>Staff Day</p> <p>No Students</p>
<p>14</p> 	<p>15</p> 	<p>16</p> 	<p>17</p> <p>BREAKFAST</p> <p>Banana Muffin</p> <p>Cereal with Graham Crackers or Cheese Stick</p>	<p>18</p> <p>BREAKFAST</p> <p>Cinnamon Creamy Cheese Mini Bagels</p> <p>Cereal with Graham Crackers or Cheese Stick</p>
<p>21</p> <p>BREAKFAST</p> <p>Breakfast on a Stick</p> <p>Cereal with Graham Crackers or Cheese Stick</p>	<p>22</p> <p>BREAKFAST</p> <p>Chicken Biscuit Sandwich</p> <p>Strawberry Fields Parfait</p>	<p>23</p> <p>BREAKFAST</p> <p>Sausage Breakfast Pizza</p> <p>Cereal with Graham Crackers or Cheese Stick</p>	<p>24</p> <p>BREAKFAST</p> <p>Waffles</p> <p>Cereal with Graham Crackers or Cheese Stick</p>	<p>25</p> <p>BREAKFAST</p> <p>French Toast Bites</p> <p>Blueberry Patch Parfait</p>
<p>28</p> <p>BREAKFAST</p> <p>Breakfast on a Stick</p> <p>Cereal with Graham Crackers or Cheese Stick</p>	<p>29</p> <p>BREAKFAST</p> <p>Chicken Biscuit Sandwich</p> <p>Cereal with Graham Crackers or Cheese Stick</p>	<p>30</p> <p>BREAKFAST</p> <p>Cinnamon Chip Scone</p> <p>Cereal with Graham Crackers or Cheese Stick</p>	<p>31</p> <p><b>HAPPY HALLOWEEN</b></p> <p>BREAKFAST</p> <p>Colby Cheese Omelet with Buttery Wheat Toast</p> <p>Frosted Fudge Poptart with Grahams</p> 	

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