

6-8 MS Lunch

*Middle School
Lunch Menu
Fall 2024*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Oct 14	Oct 15	Oct 16	Oct 17	Oct 18
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> No Students Professional Learning Day 	<ul style="list-style-type: none"> BBQ Chicken w/ Dinner Roll Green Beans Seasoned Carrots Fresh Fruit 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Corn Dog Baked Beans Mixed Vegetables Fresh Fruit Applesauce Cup Assorted Milk 	<ul style="list-style-type: none"> Dumpling Trio w/ Chicken Egg Roll Broccoli Stir-fry Vegetables Fresh Fruit 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Big Daddy's Pizza Garden Salad Seasoned Corn Fresh Fruit Craisins Assorted Milk
<i>Week 2</i>	Oct 21	Oct 22	Oct 23	Oct 24	Oct 25
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> Chicken Sandwich Variety Pickle, Onion & Lettuce Cup Steamed Broccoli Fresh Fruit Chilled Peaches Assorted Milk 	<ul style="list-style-type: none"> Beef Nachos Taco Fiesta Black Beans Salsa Cup Fresh Fruit 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Spaghetti, Meatballs + Breadstick Green Beans Baby Carrots Fresh Fruit Chilled Pears Assorted Milk 	<ul style="list-style-type: none"> Sea Shapes Fish Nuggets w/ Mac & Cheese Mixed Vegetables Fresh Fruit 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Big Daddy's Pizza Garden Salad Seasoned Corn Fresh Fruit Chilled Pineapple Assorted Milk
<i>Week 3</i>	Oct 28	Oct 29	Oct 30	Oct 31	Nov 1
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> Thai Chili Chicken & Rice Bowl Stir-fry Vegetables Baby Carrots Fresh Fruit Mandarin Oranges Assorted Milk 	<ul style="list-style-type: none"> Spicy Mozz Bites Marinara Cup Green Beans Fresh Fruit 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Chicken Tenders & Waffles Mixed Veggies Hash Brown Fresh Fruit Applesauce Cup Assorted Milk 	<ul style="list-style-type: none"> Hot Dog Baked Beans Steamed Broccoli Local VA Apple 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Big Daddy's Pizza Garden Salad Seasoned Corn Fresh Fruit Mixed Fruit Assorted Milk

Alternative Entree Options

- Yogurt + Granola Parfait - Mon, Wed
- Hamburger/Cheeseburger - Tue
- Entree Salad w/ Roll - Mon - Fri
- Hummus Cup, Cheese Stick, Tortilla Chips & Manager's Choice Fresh Vegetable - Mon - Fri

Nutrition Bites

- Get ready to *crunch!* On October 10th, bite into a fresh, locally grown Virginia apple and join us in celebrating the Crunch Heard 'Round the Commonwealth!
- Learn more about Farm to School: <https://www.farmtoschool.org/about/what-is-farm-to-school>
- Celebrate National School Lunch Week, October 14-18. School Lunch Pirates: Find your treasure!

Lunch includes:
Choice of 1 Entree,
1-2 Vegetables, 1 Fruit,
and 1 Milk

Menu subject to change due
to item availability

Vegetarian Options
Available Upon Request