

October Menu Middle School



Week 3	10/14 Monday	10/15 Tuesday	10/16 Wednesday	10/17 Thursday	10/18 Friday
Breakfast	Breakfast Bar Cereal (25)w/ Power Snacks(7)	Cheese Omelet IW Cereal (25)w/ String Cheese	WG Powdered Donuts Cereal (25)w/ Graham (19)	Pancake Sausage Stick Cereal (25)w/ String Cheese	French Toast Stick Cereal(25) w/ GoGurt(14)
Lunch	Enchiladas or Cheese (35)/Pepperoni Pizza (33)	Pot Stickers Stir Fried Rice Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Breaded Chicken Sandwich or Cheese (35)/Pepperoni Pizza (33)	Breaded Ravioli Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Chicken Nuggets or Cheese (35)/Pepperoni Pizza (33)
Vegetable	Refried Beans	California Vegetables 1/2	Sweet Waffle Fries	Spinach Mandarin Salad	Tater Tots
Week 4	10/21 Monday	10/22 Tuesday	10/23 Wednesday	10/24 Thursday	10/25 Friday
Breakfast	Benefit Bars Cereal (25)w/ Power Snacks(7)	Turkey Egg Bites Cereal (25)w/ String Cheese	Muffin Varies by Month Cereal (25)w/ Power Snacks(7)	Breakfast Burrito Cereal (25)w/ String Cheese	Strawberry Mini Bagels Cereal (25)w/ String Cheese
Lunch	Beef Sliders or Cheese (35)/Pepperoni Pizza (33)	Chicken Penne Alfredo Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Mozzarella Pull-Apart Dinner Roll(11) or Cheese (35)/Pepperoni Pizza (33)	Popcorn Chicken Bowl Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Beef Fiestada (43) Cheese (35)/Pepperoni Pizza (33)
Vegetable	Ranch Beans	Carroteenies	Steamed Veggie Blend	Mashed Potatoes	Fresh Broccoli w/Ranch
Week 1	10/28 Monday	10/29 Tuesday	10/30 Wednesday	10/31 Thursday	
Breakfast	2ct Poptart (2g) Cereal (25)w/ Power Snacks(7)	Egg Sandwich Cereal (25)w/ String Cheese	WG Chocolate Donuts Cereal (25)w/ Power Snacks(7)	Pancake Sandwich (16) Cereal (25)w/ String Cheese	
Lunch	Hamburgers/Cheeseburgers:	(3) Wings & Mac (6oz) Turkey & Cheese Munchable (38)	Chicken Tenders (13) or Cheese (35)/Pepperoni Pizza (33)	BBQ Beef Rib Sandwich Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	
Vegetable	French Fries	Green Beans	Sweet Potato Fries (32)	Romaine Caesar	

Offered Everyday at Breakfast:

- 1% White Milk
- Fat Free White Milk
- Fat Free Flavored Milk
- 100% Fruit Juice

Offered Every Day at Lunch:

- Fresh Fruit and Vegetable Bar
- 1% White Milk
- Fat Free White Milk
- Fat Free Flavored Milk

All meals comply with the National School Breakfast and Lunch Programs for nutrition compliance.

() Indicates Carbohydrate Count

Menu Subject to change based on availability.

This institution is an equal opportunity provider.