



Middle School Lunch Menu

September 2026

Student meals are served daily at no charge. Extra items and 2nd meals must be paid for at the point of service with cash or meal account credit.

<https://linqconnect.com/>

Adult Meal Price: \$4.75

2nd Entrée Choices offered daily and include all side items:
 Pizza (M/W/F)
 Chicken Tender Salad (T/R)

A variety of fruits and veggies are offered daily. Students must select a fruit or a vegetable at lunch.

Milk Choices Offered Daily

Monday	Tuesday	Wednesday	Thursday	Friday
Fajita Chicken w/ Cheesy Rice Chips with Salsa Whole Kernel Corn Refried Beans Fruit Choices 31	Hamburger w/ Trimmings Potato Wedges Baked Beans Fruit Choices Fresh Baked Cookie 1	Chicken Poppers w/ Roll Green Beans Mashed Potatoes & Gravy Fruit Choices HOM - Warm Cinnamon Apples 2	Beef & Cheese Burrito w/ Queso & Salsa Mexican Rice Southwestern Black Beans Fresh Veggie Cup & Dip Fruit Choices 3	Cheesy Bites w/ Marinara Fresh Garden Salad Corn on the Cob Fruit Choices Jell-O Cup 4
HOLIDAY 7	Chicken Tenders w/ Roll Mashed Potatoes & Gravy Green Beans Fruit Choices Fresh Baked Cookie 8	Hot Ham & Cheese Croissant Sweet Potato Fries Fried Okra Fruit Choices HOM - Apple Crisp 9	Brunch for Lunch French Toast w/ Syrup Eggs, Sausage, & Hash brown Fresh Veggie Cup & Dip Fruit Choices 10	Fried Chicken Sandwich w/ Trimmings Waffle Fries Baby Carrots w/ Ranch Fruit Choices Pudding Cup 11
Beef & Cheese Nachos w/ Taco Fixins' Southwestern Black Beans Mexican Street Corn Fruit Choices 14	Baked Chicken w/ Garlic Knot Mac & Cheese Baby Lima Beans Honey Roasted Carrots Fruit Choice 15	BBQ Pork Sandwich Coleslaw Potato Wedges Baked Beans Fruit Choice HOM – Fresh Apple Salad 16	Cheese or Pepperoni Pizza Steamed Broccoli Garden Fresh Salad Fruit Choices Fresh Baked Cookie 17	Cheeseburger w/ Trimmings Waffle Fries Veggie Cup & Dip Fruit Choices Jell-O Cup 18
Steak Fingers w/ Cornbread Mashed Potatoes & Gravy Blackeye Peas Fruit Choices 23	Corn Dog Seasoned Fries Baked Beans Fruit Choices Fresh Baked Cookie 22	Chicken & Cheese Quesadilla w/ Queso & Salsa & Taco Fixins Refried Beans Fire-Roasted Fiesta Corn Fruit Choice 23	Spaghetti w/ Texas Toast Garden Fresh Salad Green Beans Fruit Choice HOM – Jell-O Apple Slices 24	Chicken Chunks w/ Roll Rice & Gravy Green Peas Fresh Veggie Cup & Dip Fruit Choices Pudding Cup 25
Fajita Chicken w/ Cheesy Rice Chips & Salsa Steamed Broccoli Refried Beans Fruit Choices 28	Hamburger w/ Trimmings Potato Wedges Baked Beans Fruit Choices Jell-O Cup 29	Chicken Poppers w/ Roll Green Beans Mashed Potatoes & Gravy Fruit Choices HOM - Warm Cinnamon Apples 30		



MENU IS SUBJECT TO CHANGE ~ Appling County School Nutrition

