

Sep 2026 Middle School Lunch Menu

Gluten Free

Monday	Tuesday	Wednesday	Thursday	Friday
Aug 31st	1st	2nd	3rd	4th
ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY
Toasted Three Cheese Sandwich on GF Bread with GF Tomato Soup	GF Chicken Nuggets with GF Teriyaki Sauce and Asian Brown Rice	Gf Waffles w Syrup , Pork Sausage Patty, and Scrambled Eggs	GF Mac & Cheese w GF Bread	GF Chicken Tenders w Marinara and Cheese over GF Pasta w GF Bread
SIDES	SIDES	SIDES	SIDES	SIDES
Seasoned Corn	Seasoned Carrots	Hash Brown Patty	Seasoned Peas	Savory Green Beans
Fresh Pear	Fresh Fuji Apple	Fresh Whole Strawberries	Fresh Red Delicious Apple	Fresh Orange Wedges
Applesauce	Fresh Clementines	Chilled Peaches	Mixed Fruit in 100% Juice	Chilled Blueberries
Craisins	Craisins	Craisins	Craisins	Craisins
Sliced Cucumbers	Tossed Side Salad	Baby Carrots & Celery Sticks	Fresh Broccoli Florets	Fresh Caesar Salad
Corn Salad with Ranch	Fresh Grape Tomatoes	Fresh Caesar Salad	Fresh Cauliflower Florets	Fresh Celery Sticks
7th	8th	9th	10th	11th
ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY
No School Labor Day	GF Chicken Nuggets w Sriracha Honey Chicken ad Asian Rice	Gf Waffles w Syrup , Pork Sausage Patty, and Scrambled Eggs	GF Chicken Tenders w Mashed Potatoes GF Bread and GF Gravy	GF Chicken Alfredo over GF Pasta with GF Bread
SIDES	SIDES	SIDES	SIDES	SIDES
	Seasoned Carrots	Hash Brown Patty	Seasoned Corn	Seasoned Broccoli
	Fresh Fuji Apple	Fresh Whole Strawberries	Fresh Red Delicious Apple	Fresh Orange
	Fresh Clementines	Chilled Peaches	Mixed Fruit in 100% Juice	Chilled Blueberries
	Blueberry Crisp	Craisins	Craisins	Craisins
	Craisins	Baby Carrots & Celery Sticks	Fresh Broccoli Florets	Fresh Caesar Salad
	Tossed Side Salad	Fresh Caesar Salad	Fresh Cauliflower Florets	Fresh Celery Sticks
	Fresh Grape Tomatoes		Black Beans	
14th	15th	16th	17th	18th
ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY
Pulled Pork, Ham & Swiss Cubano on GF Bun with Sweet Potato Fries	GF Noodles & Vegetable GF Teriyaki Stir Fry	GF Waffles Syrup, Pork Sausage Pattie, Eggs and Hash Brown Patties	Baked Potato Bar, GF Bread	Please Select an item from the list below.
SIDES	SIDES	SIDES	SIDES	SIDES
Pineapple-Jalapeno Slaw	Seasoned Carrots	Fresh Whole Strawberries	Seasoned Broccoli	Savory Green Beans
Fresh Pear	Fresh Fuji Apple	Chilled Peaches	Fresh Red Delicious Apple	Fresh Orange Wedges
Applesauce	Fresh Clementines	Craisins	Mixed Fruit in 100% Juice	Chilled Blueberries
Craisins	Craisins	Baby Carrots & Celery Sticks	Craisins	Craisins
Sliced Cucumbers	Tossed Side Salad	Fresh Caesar Salad	Fresh Cauliflower Florets	Fresh Caesar Salad
Corn Salad with Ranch	Fresh Grape Tomatoes		Black Beans	Fresh Celery Sticks
21st	22nd	23rd	24th	25th
ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY
Pulled Pork BBQ Sandwich on GF Bun With Baked Lays Chips	GF Chicken Nuggets w GF Teriyaki Sauce and Asian Rice	GF Waffles Syrup, Pork Sausage Pattie, Eggs and Hash Brown Patties	Jamaican Jerk Chicken with Yellow Rice and GF Bread	GF Spaghetti with Italian Meat Sauce and GF Bread
SIDES	SIDES	SIDES	SIDES	SIDES
Confetti Coleslaw	Seasoned Carrots	Fresh Whole Strawberries	Seasoned Peas	Savory Green Beans
Fresh Pear	Fresh Fuji Apple	Chilled Peaches	Fresh Red Delicious Apple	Fresh Orange
Applesauce	Fresh Clementines	Craisins	Mixed Fruit in 100% Juice	Chilled Blueberries
Craisins	Craisins	Baby Carrots & Celery Sticks	Blueberry Crisp	Craisins
Sliced Cucumbers	Tossed Side Salad	Fresh Caesar Salad	Craisins	Fresh Caesar Salad
Corn Salad with Ranch	Fresh Grape Tomatoes		Fresh Broccoli Florets	Fresh Celery Sticks
			Fresh Cauliflower Florets	
28th	29th	30th	Oct 1st	Oct 2nd
ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY
Toasted Three Cheese Sandwich on GF Bread with GF Tomato Soup	GF Chicken Nuggets with GF Teriyaki Sauce and Asian Brown Rice	Gf Waffles w Syrup , Pork Sausage Patty, and Scrambled Eggs	GF Mac & Cheese w GF Bread	GF Chicken Tenders w Marinara and Cheese over GF Pasta w GF Bread
SIDES	SIDES	SIDES	SIDES	SIDES
Seasoned Corn	Seasoned Carrots	Hash Brown Patty	Seasoned Peas	Savory Green Beans
Fresh Pear	Fresh Fuji Apple	Fresh Whole Strawberries	Fresh Red Delicious Apple	Fresh Orange Wedges
Applesauce	Fresh Clementines	Chilled Peaches	Mixed Fruit in 100% Juice	Chilled Blueberries
Craisins	Craisins	Craisins	Craisins	Craisins
Sliced Cucumbers	Tossed Side Salad	Baby Carrots & Celery Sticks	Fresh Broccoli Florets	Fresh Caesar Salad
Corn Salad with Ranch	Fresh Grape Tomatoes	Fresh Caesar Salad	Fresh Cauliflower Florets	Fresh Celery Sticks
AVAILABLE EVERY DAY	AVAILABLE EVERY DAY	AVAILABLE EVERY DAY	AVAILABLE EVERY DAY	AVAILABLE EVERY DAY
GF Cheese Pizza - 1/2 10" pizza	GF Cheese Pizza - 1/2 10" pizza	GF Cheese Pizza - 1/2 10" pizza	GF Cheese Pizza - 1/2 10" pizza	GF Cheese Pizza - 1/2 10" pizza
GF Pepperoni Pizza - 1/2 10" pizza	GF Pepperoni Pizza - 1/2 10" pizza	GF Pepperoni Pizza - 1/2 10" pizza	GF Pepperoni Pizza - 1/2 10" pizza	GF Pepperoni Pizza - 1/2 10" pizza
GF Chicken Patty on GF Bun	GF Chicken Patty on GF Bun	GF Chicken Patty on GF Bun	GF Chicken Patty on GF Bun	GF Chicken Patty on GF Bun
Cheeseburger on GF Bun	Cheeseburger on GF Bun	Cheeseburger on GF Bun	Cheeseburger on GF Bun	Cheeseburger on GF Bun
Hamburger on GF Bun	Hamburger on GF Bun	Hamburger on GF Bun	Hamburger on GF Bun	Hamburger on GF Bun
Turkey Ham & Cheese on GF Bread	Turkey Ham & Cheese on GF Bread	Turkey Ham & Cheese on GF Bread	Turkey Ham & Cheese on GF Bread	Turkey Ham & Cheese on GF Bread
For Full Nutrition Information call Food Service at 651-460-3820				
Menu Subject to Change Without Notice. Questions or Comments? Contact Food Service at 651-460-3820				
This is an Equal Opportunity Provider.				

—