OCTOBER MIDDLE HIGH

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast items highlighted in green:			1 Breakfast Bowl ⭐Teriyaki Chicken ⭐ Fried Rice or Lo Mein Noodles ⭐ Steamed Broccoli Diced Pineapple Yum Yum Sauce	2 Bakery Slice Chicken & Waffles Breakfast Potatoes Cucumber & Tomato Salad Warm Cinnamon Apples
5 Corn Dog Baked Chips Bush's Baked Beans ⭐Caramel Apple Dippers	6 Chicken Minis Potato Smiles ⭐Salted Pretzel Twist Chopped Kale Salad Mandarin Fruit Toss	7 Chicken Bacon Ranch Melt Ring O' Fire Buffalo Slices ⭐Emerald & Ruby Salad Strawberries with Whipped Topping	8 Cheesy Chicken Pasta Bake Garlic Breadstick Caesar Salad ⭐Confetti Berry Blend	9 **Totchos** Seasoned Ground Beef Queso Blanco Assorted Toppings Mexican Rice Carnival Twist Churro
12 Sausage Pancake Stick Chicken Tenders Classic French Fries Texas Toast Homestyle Gravy Jonny Pop	13 Cinnamon Sugar Biscuit Chicken Alfredo Steamed Broccoli Parmesan Chickpeas Garlic Breadstick ⭐Chocolate Chip Cannoli	14 Chicken Biscuit Pancakes Scrambled Eggs ⭐Breakfast Potatoes Toppings Bar Tropical Fruit Salad	15 Yogurt Parfait Orange Chicken Fluffy Rice or Lo Mein Noodles ⭐ Egg Roll Mandarin Oranges	16 French Toast Sticks **Walking Taco** Seasoned Ground Beef Ranchero Beans Queso Blanco Assorted Toppings
19 Breakfast Pizza Chicken Littles Potato Squares Cheesy Broccoli Casserole⭐ Sidekick Fruit Slush	20 Fresh Baked Scone Max Sticks Marinara Sauce Italian Chopped Salad Seasoned Corn Chocolate Chip Cookie	21 Sausage Biscuit Chicken Cheesy Rice Refried Beans ⭐Fresh Pico Applesauce	22 Breakfast Bowl Chicken Drumstick Mac & Cheese Green Beans Homemade Roll Fresh Fruit	23 Bakery Slice Bacon Cheese Burger Battered Potato Wedges ⭐Confetti Pasta Salad Honey Lime Fruit Toss

Fall Break

Middle School Trends Line

Burger Fries Fresh Veggies	Nacho/Taco Tuesday Assorted Toppings	Chicken Biscuit Sliders Fries	Cheese or Pepperoni Pizza Salad	Chicken Sandwich Fries Fresh Veggies

Scan the QR Code to add money to your student's MySchool Bucks account!

This institution is an equal opportunity provider. Menus are subject to change due to circumstances beyond our control.

CARNIVAL

Step right up for National School Lunch Week, October 12–16! 🎪 Join us for "Cafeteria Circus: Where School Meals Take Center Stage" and enjoy a week of tasty meals, colorful fun, and surprises!



ALWAYS AVAILABLE

- PB & J Sandwich Boxes
- Fresh Fruit
- Fresh Vegetables
- Whole White Milk
- 1% Chocolate Milk
- Skim Strawberry Milk

Daily High School Choices:

- Bowl Line- A made-to-order bowl with fresh ingredients &your choice of protein, grains, vegetables & other toppings.
- Sandwich Line- Fresh favorites served daily, including burgers, original chicken, & spicy chicken sandwiches.
- Smart Mouth Pizza-- Fresh-baked daily in our pizza oven!

Try It Tuesdays!

Every Tuesday, students can sample new recipes or seasonal fruits and vegetables to help us discover new cafeteria favorites!

⭐ = New Menu Item! Look for the star to spot something new!