

October 2026

Middle School Lunch Menu



Breakfast & Lunch are FREE for all students!
 Students must take a fruit and/or vegetable with each lunch.
All meals are served with the option of milk.
 Sunbutter & Jelly Sandwiches & Vegetarian Meals served daily.
Please inform food service staff if you have a food allergy!



V = Vegetarian LG = Locally Grown
LTO = Limited Time Offer HOTM = Harvest of the Month

monday tuesday wednesday thursday friday

28 Pizza Waffalaco Pretzel Dippers V Greek Salad with Flatbread LG V Chicken Salad Sandwich Tater Tots & Cucumber Slices Apples & Pears	29 Turkey Barbacoa Tacos Crispy Chicken Sandwich Black Bean Burger V Yogurt and Fruit Power Pack V Greek Chicken Wrap Street Corn & Kickin' Beans Oranges & Apples	30 French Toast Sticks & Chicken Sausage Cheese Quesadilla V Greek Salad with Flatbread V Chicken Salad Wrap Roasted Butternut Squash & Broccoli Bananas & Berry Cups	1 Gyudon Rice Chicken Tenders & Dinner Roll Yogurt & Fruit Pack V Greek Chicken Wrap LG Steamed Edamame & Carrots LG Pears & Fresh Fruit Cup	2 Cheese Pizza V Pepperoni Pizza Greek Salad with Flatbread LG V Chicken Salad Wrap Red Pepper Strips & Side Salad Apples & Bananas
5 Cheesy Popcorn Chicken Potato Bowl & Dinner Roll Hamburger Veggie Burger V Chicken Bacon Ranch Salad with Flatbread LG Ham & Cheese Sandwich Roasted Broccoli & Carrot Sticks Applesauce & Pears	6 Lowell Grande Nachos Bosco Sticks & Marinara V Back Bean Nachos V Pizza Platter Chicken Caesar Wrap LG Fiesta Corn & Cucumbers Oranges & Apples	7 Chicken Nuggets & Dinner Roll Chicken Drummies & Dinner Roll Chicken Bacon Ranch Salad & Flatbread LG Ham & Cheese Sandwich Roasted Chickpeas & Celery Bananas & Berry Cups EARLY RELEASE	8 Pulled Pork Loaded Baked Potato Southwest Crunch Burger LTO Southwest Crunch Veg. Burger LTO V Pizza Platter Chicken Caesar Wrap LG Roasted Green Beans & Sweet Potato Fries Pears & Fresh Fruit Cups	9 Cheese Pizza V Buffalo Chicken Pizza Chicken Bacon Ranch Salad & Flatbread LG Ham & Cheese Sandwich Carrot Sticks & Side Salad LG Apples & Bananas
12 INDIGENOUS PEOPLE'S DAY NO SCHOOL	13 NATIONAL SCHOOL LUNCH WEEK Buffalo Chicken Dip Hamburger/Cheeseburger Veggie Burger V Pretzel Platter Turkey BLT LG Tater Tots & Pickled Cucumbers Oranges & Apples	14 Chicken Broccoli Alfredo & Breadstick Crispy Chicken Snack Wrap Veggie Nugget Snack Wrap V Chicken Caesar Salad & Flatbread LG Tuna Salad Sandwich Celery & Carrots LG Bananas & Berry Cups	15 Teriyaki Popcorn Chicken & Fried Rice Pizza Crunchers V Pretzel Platter Turkey BLT LG Edamame & Fresh Broccoli Pears & Fresh Fruit Cups CARNIVAL COOKIES!	16 Cheese Pizza V Pepperoni Pizza Chicken Caesar Salad & Flatbread LG Tuna Salad Sandwich Red Pepper Strips & Side Salad LG Apples & Bananas LUCKY TRAY DAY
19 Chicken Veg. Dumplings & Mixed Veg. Fish Sticks & Cornbread Popper Edamame Dumplings V Spicy Popcorn Chicken Salad & Flatbread LG Italian Sub Steamed Edamame & Carrot Sticks LG Apples & Pears	20 Chicken Patty Sandwich w/ Honeybee Sauce & Pickles Cheese Pizzadilla V Perfect Pear Parfait V HOTM Buffalo Chicken Wrap LG Smile Fries & Fresh Broccoli Oranges & Apples	21 Penne Bolognese & Breadstick Chicken Tenders & Breadstick Veg. Nuggets & Breadstick V Spicy Popcorn Chicken Salad LG Italian Sub Parmesan Garlic Green Beans & Fresh Celery Bananas & Berry Cups	22 Black Bean, Pork, Plantain, & Rice Bowl Pancake & Omelet V Black Bean, Plantain & Rice Bowl V Perfect Pear Parfait V HOTM Buffalo Chicken Wrap LG Carrot Sticks & Kickin' Beans LG Pears & Fresh Fruit Cups	23 Cheese Pizza V Big Mac Pizza Spicy Popcorn Chicken Salad & Flatbread LG Italian Sub Red Pepper Strips & Side Salad LG Apples & Bananas
26 Honeystung Popcorn Chicken & Dinner Roll Pizza Crunchers V Southwest Salad & Tortilla Chips LG Turkey & Cheese Sandwich Roasted Chickpeas & Carrot Sticks LG Apples & Pears	27 Arroz con Pollo Hamburger/Cheeseburger Black Bean Burger V Charcuterie Platter Ham & Cheese Roll Ups Fiesta Corn & Fresh Broccoli Blood Oranges & Apples	28 Cheese Enchilada V Waffles & Chicken Sausage Waffles & Veg. Sausage V Southwest Salad & Tortilla Chips LG Turkey & Cheese Sandwich Tater Tots & Celery Sticks Bananas & Berry Cups	29 Orange Popcorn Chicken Lo Mein Meatball Parm Sandwich Orange Veg. Nugget Lo Mein V Charcuterie Platter Ham & Cheese Roll Ups Parm Carrot Fries & Cucumber Coins LG Pears & Fresh Fruit Cups	30 Cheese Pizza V Chicken Bacon Ranch Pizza Southwest Salad & Tortilla Chips LG Turkey & Cheese Sandwich Orange Pepper Strips & Side Salad LG SPOOKY SLUSHIES!