



Saraland Middle School

October 2026

Student Meal Prices

Breakfast Reduced - \$0.30

Breakfast Paid - \$1.75

Lunch Reduced - \$0.40

Lunch Paid - \$3.25

Ala Carte - Prices vary

Breakfast

- 1 Sausage Biscuit
- 2 Hot Cereal Breakfast Pizza
- 5 Waffles & Sausage
- 6 Chicken Biscuit
- 7 Hot Cereal, Sausage Bites
- 8 Sausage Biscuit
- 9 Hot Cereal, Frittata, Cheese Toast
- 13 Chicken Biscuit
- 14 Hot Cereal, Stuff Hashbrown
- 15 Sausage Biscuit w/Gravy
- 16 Hot Cereal, Breakfast Bites
- 19 French Toast, Sausage
- 20 Chicken Biscuit
- 21 Hot Cereal, Bacon/Egg, Cheese Toast
- 22 Sausage Biscuit w/Gravy
- 23 Hot Cereal, Frittata, Cheese Toast
- 27 Chicken Biscuit
- 28 Hot Cereal, Breakfast Pizza
- 29 Sausage Biscuit
- 30 Hot Cereal, Bacon/Egg, Cheese Toast

Offered Daily with Meals

Cereal & Toast with Breakfast

Lunch & Breakfast: Unflavored

1% Low Fat, Unflavored Skim,

Fat Free Flavored Milk.

Fruit & Juice served daily.

Alternate Lunch Meal:

Chef Salad, Uncrustable, or Lunchables

Menu subject to change due to deliveries.

Expect More. Achieve More.

Mon	Tue	Wed	Thu	Fri
			1 Vegetable Beef Soup, Grilled Cheese, Fresh Vegetables	2 Beef Stroganoff, Green Beans, Bread, Fresh Vegetables, Pudding
5 Chicken Bites, Green Beans, Bread, Fresh Vegetables	6 Chili Crispito w/Cheese, Mexican Corn, Dip, Fresh Vegetables	7 Hot Dog w/ Chili & Cheese, Oven Potatoes, Baked Beans, Coleslaw	8 Red Beans Rice & Sausage, Corn Nuggets, Cornbread Muffin	9 Pizza, Corn Fresh Vegetables, Pudding
12 Teacher Work Day	13 Chicken Quesadilla, Mexican Corn, Fresh Vegetables, Sorbet	14 Hamburger, Oven Potatoes, Baked Beans, Fresh Vegetables	15 Spaghetti, Green Beans, Bread, Fresh Vegetables	16 Gumbo w/Rice or Corndog, Corn, Potato Salad, Fresh Vegetables, Cinnamon Bun
19 Chicken Strips, Italian Green Bean, Bread, Fresh Vegetables	20 Nachos w/ Cheese, Corn, Dip, Fresh Vegetables	21 Chicken Sandwich, Oven Potatoes, English Peas, Fresh Vegetables, Cookie	22 Beef Fingers, Cream Potatoes w/Gravy, Peas, Cornbread Muffin, Fresh Vegetables	23 Italian Cheese Bread, Green Bean, Carrots, Fresh Vegetables
26 Pizza Crunchers, Corn, Fresh Vegetables	27 Taco Soup w/Chips, Dip, Fresh Vegetables	28 Sausage Dog w/Peppers & Onions, Oven Potatoes, Baked Beans, Fresh Vegetables	29 Shrimp Etouffee over Rice, Oven Roasted Potatoes, Fresh Vegetables	30 Pizza, Corn, Dirty Pudding