

Middle School LUNCH MENU

October 2026

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price:

Whole Grain, Meat/Meat Alternative, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

Fruit & Veggie Selection

[___] at least 3 of 5 meal components for the school lunch price: Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk A minimum ½ cup serving of fruit or vegetable must accompany a lunch

Milk Selection

[1% milk, FF Chocolate, FF Strawberry

Available Daily

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

(V) Vegetarian | (VG) Vegan | (GF) Gluten-Free

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mini Waffles
with Sausage Links

1

Toasted Pizza Flatbread
Sandwich

2

Tri-Taters
Mandarin Spring Salad

Roasted Zucchini
Red Pepper Strips

Daily Offerings: Chef Salad with Dinner Roll | Turkey & Spinach Roll-up Craveable

Chicken Nuggets with Roll

5

Beef & Cheese Nachos

6

Build Your Own
Mac & Cheese

7

Toasted Cheese
Sandwich (V)

8

Cheese Pizza

9

Oven Fries
Baby Carrots

Black Beans
Mexican Corn

Green Beans
Caesar Salad

Tomato Soup
Corn Salad

Roasted Sweet Potatoes
Cucumber Slices

Daily Offerings: Crispy Chicken Salad with Dinner Roll | Turkey, Cheddar & Bacon Flatbread

No School

12

Chicken & Cheese Quesadilla

13

General Tso Chicken
over Rice

14

Breakfast for Lunch:
Mini Pancakes with Sausage

15

Max Pizza Sticks
with Dipping Sauce (V)

16

Steamed Corn
Salsa

Steamed Broccoli
Carrot Sticks

Tater Triangles
Mandarin Spring Salad

Oven Roasted Zucchini
Chickpeas

Daily Offerings: Strawberry Spinach Salad with Dinner Roll | Nachos Craveable

Chicken & Mashed Potato Bowl
with Roll

19

Beef Soft Tacos

20

Chicken Parm Sandwich

21

Mini Blueberry Waffles with
Sausage Links

22

Pizza Crunchers

23

Zesty Country Green Beans
Cucumber Slices

Refried Beans
Lettuce & Tomato

Glazed Carrots
Broccoli Salad

Curly Fries
Apple Cider Slaw

Honey Cinnamon Sweet Potato
Corn Salad

Daily Offerings: Garden Salad with Dinner Roll | Ham & Cheese Pretzel Sandwich

Breaded Chicken Tenders with
Mini Waffles

26

Chicken & Cheese Nachos

27

Dip & Dust Wings

28

Mini Strawberry Pancake Puffs
Sausag Links

29

Assorted Pizza

30

Crinkle Cut Fries
Chickpea Salad

Seasoned Black Beans
Garden Side Salad

Steamed Broccoli
Celery Sticks with Ranch

Sweet Potato Tots
Green Pepper Strips

Steamed Green Beans
Baby Carrots

Daily Offerings: Taco Salad | Italian Hoagie

Lunch Prices

Student \$3.70
Adult \$5.00



YOUR DINING SERVICES TEAM

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