

What's on the Menu?

Middlesex Middle School
October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
28 Whole Grain Waffles Strawberry Topping Crispy Bacon Tater Tots	29 Beef Tacos Rice & Beans	30 General Tso's Popcorn Chicken Garlic-Ginger Bok Choy Steamed Rice	1 Angus Beef Burger Bar Curly Fries	2 Penne Pasta Meatballs & Marinara Roasted Green Beans Garlic Bread
5 Chicken Cutlet Sandwich Bar Tater Tots	6 Turkey Tacos Rice & Beans	7 Orange Chicken Roasted Green Beans Lo Mein Noodles	8 BBQ Pulled Pork Sandwich Herbed Cauliflower Sweet Potato Fries	9 Macaroni & Cheese Bar BBQ Shredded Pork Seasoned Peas
12 Buffalo & BBQ Chicken Wings Carrot & Celery Sticks Crinkle Cut Fries	13 Beef Nachos Homemade Cheddar Cheese Sauce Mexicali Corn Salsa	14 Sweet & Sour Chicken Stir-Fried Vegetables Asian Rice	15 Beef & Lamb or Chicken Gyro Homemade Tzatziki Crinkle Cut Fries	16 Cheese Tortellini Marinara or Alfredo Roasted Broccoli Garlic Bread
19 BBQ Pulled Chicken Sandwich Seasoned Corn Crinkle Cut Fries	20 Baja Beef Rice Bowl Mexicali Corn	21 Teriyaki Glazed Beef Vegetable Medley Lo Mein Noodles	22 Chicken Tikka Masala Spiced Cauliflower & Sweet Potato Steamed Rice	23 Rotini Pasta Meat Sauce or Marinara Roasted Brussels Sprouts Garlic Bread
26 Chicken Parmesan Sandwich Roasted Carrot Fries Crinkle Cut Fries	27 Philly Cheesesteak Homemade Cheddar Cheese Sauce Peppers & Onions Smile Fries	28 Ginger Soy Chicken Noodle Bowl	29 Cheese Quesadilla Southwest Black Beans & Corn Steamed Rice	30 Cheese Stuffed Shells Roasted Green Beans Garlic Bread

Daily Offerings

HOT

Cheese Pizza
Pepperoni Pizza
Grilled Classics

COLD

Assorted Deli Sandwiches
SunButter & Jelly
Fresh Salads

October Fun Days



10/6 Taco Day



10/27 Potato Day



Vegetarian Option