

OCTOBER 2026 – LUNCH MIDDLE SCHOOL MENU

*Assorted milk and lactose free milk is served daily.
All students in Richmond County eat at no cost.

Offer Vs Serve – Must have 3 different components, at least ½ cup fruit or vegetable. May have meat and grain, 2 veggies, 2 fruits, milk.

USDA is an equal opportunity provider, employer, and lender.

The menu is subject to change due to product availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetarian options offered daily *Georgia-grown and locally sourced products and ingredients are offered regularly			1 Baked Spaghetti w/ Breadstick, Grilled Cheese Sandwich, Corndog, Veggies and Dip, Tater Tots, Apples, Rosy Pear Cup	2 BBQ Rib Sandwich, Southern Style Chicken Sandwich, PBJ Sandwich, Honey Glazed Carrots, Sauteed Cabbage, Assorted Chilled & Fresh Fruit
5 Chicken & Rice Casserole w. Roll, Hamburger or Cheeseburger, Zesty Cheese and Chips, Spinach Salad, Seasoned Corn, Assorted Fresh Fruit, Chilled Mixed Fruit Cups	6 Jamaican Jerk Chicken Pasta, Yogurt & Muffin Tray, Pepperoni Pizza, Seasoned Tomato Slices, Buffalo Cauliflower, Applesauce Cup, Sidekicks Frozen Treat	7 Hawaiian Meatballs on Garlic Rice, BBQ Pork Sandwich, PBJ Sandwich, Baked Beans, Coleslaw, Assorted Fresh Fruit, Blueberry Cobbler	8 Student Holiday	9 Student Holiday
12 Student Holiday	13 Student Holiday	14 NSLW Chicken N Waffles, Corn Dog, PBJ Seasoned Broccoli, Roasted Carrots, Orange Wedges, Diced Pears	15 NSLW Pretzel Dog Grilled Cheese Sandwich, PBJ Potato Smiles, Seasoned Green Beans, Apple Slices w/ Dip, Sidekicks	16 NSLW Chicken Empanadas Quesadilla, Pepperoni Pizza, PBJ Seasoned Black Beans, Seasoned Corn, Fresh Assorted Fruit, Manager Choice Chilled Fruit, Animal Crackers
19 Pizza Bites w/ Marinara, Turkey Hotdog, Honey Mustard Chicken Wrap, Garden Salad, Curry Fries, Orange Wedges, Blend ology Frost Pouch, Chilled Mixed Fruit Cups	20 BBQ Nachos, Cheese Pizza, Oven Fried Drumsticks and Thighs, Seasoned Pinto Beans, Mexican Street Corn, Assorted Fresh Fruit, Strawberry Delight	21 Buffalo Chicken Dip w/ Chips, Fiesta Flatbread Pizza, Yogurt & Muffin Plate, Sweet Potato Fries, Seasoned Green Beans, Fresh Melon Slices, Applesauce, Chocolate Chip Cookie	22 Baked Spaghetti w/ Breadstick, Grilled Cheese Sandwich, Corndog, Veggies and Dip, Tater Tots, Apples, Rosy Pear Cup	23 BBQ Rib Sandwich, Southern Style Chicken Sandwich, PBJ Sandwich, Honey Glazed Carrots, Sauteed Cabbage, Assorted Chilled & Fresh Fruit
26 Chicken & Rice Casserole w. Roll, Hamburger or Cheeseburger, Zesty Cheese and Chips, Spinach Salad, Seasoned Corn, Assorted Fresh Fruit, Chilled Mixed Fruit Cups	27 Jamaican Jerk Chicken Pasta, Yogurt & Muffin Tray, Pepperoni Pizza, Seasoned Tomato Slices, Buffalo Cauliflower, Applesauce Cup, Sidekicks Frozen Treat	28 Hawaiian Meatballs on Garlic Rice, BBQ Pork Sandwich, PBJ Sandwich, Baked Beans, Coleslaw, Assorted Fresh Fruit, Blueberry Cobbler	29 Chili Con Carne w/ Cornbread Boom Boom Chicken Tenders, Bento Box Baked Potato, Seasoned Broccoli Fresh Apples, Diced Peaches	30 Fish Sandwich, Cuban Sandwich, Garlic Cheese Pizza, French Fries, Kick in Cajun Carrots Fresh Assorted Fruit, Manager Choice Chilled Fruit