



Sulphur Springs Middle School October 2026 LUNCH 5th - 9th

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Entrée Homestyle Cooking Station					
	Chicken & Waffles w/ WG Roll	Chili Cheese Dog w/ WG Bun	General TSO Chicken w/ WG Egg Roll	BBQ Pulled Pork Baked Potato w/ WG Roll	Steak Fingers w/ WG Roll
	Tater Tots Fresh Veggie Bar	French Fries Baked Beans	Fried Rice Peas & Carrots	Vegetable Bar Baby Carrots	Mashed Potatoes Broccoli
Pizza & More Station					
	Pepperoni Pizza Cheesy Bites w/ Marinara Sauce	Pepperoni Pizza Cheesy Bites w/ Marinara Sauce	Specialty Pizza Cheesy Bites w/ Marinara Sauce	Pepperoni Pizza Cheesy Bites w/ Marinara Sauce	Pepperoni Pizza Cheesy Bites w/ Marinara Sauce
	Chef Salad w/ Cracker & Croutons	Chef Salad w/ Cracker & Croutons	Buffalo Chicken Salad w/ Cracker & Croutons	Chef Salad w/ Cracker & Croutons	Chef Salad w/ Cracker & Croutons
	Fruity Fun Lunch w/ WG Graham Crackers	Fruity Fun Lunch w/ WG Graham Crackers	Fruity Fun Lunch w/ WG Graham Crackers	Fruity Fun Lunch w/ WG Graham Crackers	Fruity Fun Lunch w/ WG Graham Crackers
Grill & Sandwich Station					
	Hamburgers Spicy Chicken Sandwich Chicken Sandwich	Hamburgers Spicy Chicken Sandwich Chicken Sandwich	Hamburgers Spicy Chicken Sandwich Chicken Sandwich	Hamburgers Spicy Chicken Sandwich Chicken Sandwich	Hamburgers Spicy Chicken Sandwich Chicken Sandwich
	French Fries	Fresh Veggie Bar	Tater Tots	Fresh Veggie Bar	French Fries
Southwest Taco & Burrito Station					
	Beef & Cheese Burritos Refried Beans Salsa	Chicken Quesadilla Spanish Rice Salsa	Beef Nachos Seasoned Pinto Beans Salsa	Crispito Spanish Rice Salsa	Beef Nachos Street Corn Salsa
	Chili Con Carne			2oz Portion Cup Queso	
Sides, Extras, Fruits, Veggies, Milk (All Lines)					
	Assorted Chilled Veggies	Assorted Chilled Veggies	Assorted Chilled Veggies	Assorted Chilled Veggies	Assorted Chilled Veggies
	Assorted Fresh/Chill Fruits	Assorted Fresh/Chill Fruits	Assorted Fresh/Chill Fruits	Assorted Fresh/Chill Fruits	Assorted Fresh/Chill Fruits
	Assorted Milks	Assorted Milks	Assorted Milks	Assorted Milks	Assorted Milks



Menu is subject to change based on purveyors & availability.

We make every effort to offer the freshest local produce as we support the local community. Our primary produce vendors support this goal by continuing to develop partnerships with local growers.

Find menus, nutrition, allergen information and more online or on your phone!

Download School Menus by My School Menus to your smartphone from the App Store or visit: <https://www.myschoolmenus.com/organizations/763>

This institution is an equal opportunity provider.