

Middle School Lunch Menu

Norwell Middle School

Monday

Tuesday

Wednesday

Thursday

Friday

Oct 1

Oct 2

General Tso's Chicken
UnCrustable PBJ wg
Teriyaki Chicken
Caesar Salad
Fresh Broccoli
Steamed Rice
Pinapple Tidbits
WG Dinner Roll
MILK,Skim
Fresh Fruit
Pinapple Tidbits
Apple Sliced 2oz bag

Sal's Pizza
Teriyaki Chicken
Caesar Salad
UnCrustable PBJ wg
Caesar Salad
MILK,Skim
Fresh Fruit
FRUIT JUICE,ASSORTED
Baby Carrots 2.6 oz Bag
Yogurt Parfait

Oct 5

Oct 6

Oct 7

Oct 8

Oct 9

A. Chicken Bowl
Warm Biscuit
Teriyaki Chicken
Caesar Salad
UnCrustable PBJ wg
Fresh Fruit
Offered Daily
Apple
MILK,Skim

A.Twin Tacos
Teriyaki Chicken
Caesar Salad
UnCrustable PBJ wg
Brown Rice
Black Bean & Corn Salad
Sweet Buttered Corn
MILK,Skim
Fresh Fruit
Offered Daily
Baby Carrots 2.6 oz Bag
Strawberries

Homemade Pizza
B.Greek Chicken Salad
w/Feta Cheese
UnCrustable PBJ wg
Caesar Salad
MILK,Skim
Fresh Fruit
Offered Daily
Baby Carrots 2.6 oz Bag
100 % Fruit Juice

A.Chicken&BroccoliAlfredo
over Pasta
UnCrustable PBJ wg
Teriyaki Chicken
Caesar Salad
Garlic Knot WG
Fresh Fruit
MILK,Skim
Apple Sliced 2oz bag
Fresh Strawberries
BLUEBERRIES,Fresh
Banana

Ham & Cheese Croissant
Teriyaki Chix Caesr Wrap
UnCrustable PBJ wg
Mixed Vegetables
Peaches
MILK,Skim
Fresh Fruit
Offered Daily
Yogurt Parfait
Baby Carrots 2.6 oz Bag

Oct 12

Oct 13

Oct 14

Oct 15

Oct 16

HOLIDAY

Nacho Platter
Teriyaki Chicken
Caesar Salad
UnCrustable PBJ wg
Black Bean & Corn Salad
MILK,Skim
Baby Carrots 2.6 oz Bag
applesauce,unsw 1/2 cup*

Homemade Pizza
B.Greek Chicken Salad
w/Feta Cheese
UnCrustable PBJ wg
Caesar Salad
MILK,Skim
Fresh Fruit
Offered Daily
Baby Carrots 2.6 oz Bag
100 % Fruit Juice

French Toast Sticks
UnCrustable PBJ
B.Greek Chicken Salad
w/Feta Cheese
Potato Puffs
Sausage
Orange Juice
Strawberry Cups
Fresh Fruit Salad
Cinnamon Spiced Apples

Chicken Patty on a Bun
Buffalo Chicken Patty
UnCrustable PBJ wg
Teriyaki Chicken
Caesar Salad
Potato Smiles
Baby Carrots 2.6 oz Bag
MILK,Skim
Fresh Fruit

Oct 19

Chicken Tenders
 UnCrustable PBJ wg
 Teriyaki Chicken
 Caesar Salad
 Mixed Vegetables
 Rice Pilaf
 WG Dinner Roll
 Pears
 MILK,Skim
 Fresh Fruit
 Baby Carrots 2.6 oz Bag
 Cucumber Wheels

Oct 20

B.Baconburger w/ lett&tom
 UnCrustable PBJ wg
 Teriyaki Chicken
 Caesar Salad
 Mixed Vegetables
 Onion Rings
 Peaches
 MILK,Skim
 Fresh Fruit
 Offered Daily
 Yogurt Parfait
 Baby Carrots 2.6 oz Bag

Oct 21

Homemade Pizza
 B.Greek Chicken Salad
 w/Feta Cheese
 UnCrustable PBJ wg
 Caesar Salad
 MILK,Skim
 Fresh Fruit
 Offered Daily
 Baby Carrots 2.6 oz Bag
 100 % Fruit Juice

Oct 22

American Chop SueyWG
 Teriyaki Chicken
 Caesar Salad
 UnCrustable PBJ wg
 Garlic Bread
 Apple
 MILK,Skim
 Fresh Fruit
 Pears
 Yogurt Parfait

Oct 23

Stuffed Crust Pizza
 Caesar Salad
 UnCrustable PBJ wg
 Teriyaki Chicken
 Caesar Salad
 Fresh Fruit
 Offered Daily
 MILK,Skim
 FRUIT JUICE,ASSORTED
 Baby Carrots 2.6 oz Bag

Oct 26

Orange Chicken
 Teriyaki Chicken
 Caesar Salad
 UnCrustable PBJ wg
 Fresh Broccoli
 Parmesan Egg Noodles
 Pinapple Tidbits
 WG Dinner Roll
 MILK,Skim
 Fresh Fruit
 Fresh Pineapple Chunks

Oct 27

A. Steak and Cheese Sub
 Meatball Sub
 Sweet & Spicy Potatoes
 Mixed Vegetables
 UnCrustable PBJ wg
 Teriyaki Chicken
 Caesar Salad
 MILK,Skim
 FRUIT JUICE,ASSORTED
 Baby Carrots 2.6 oz Bag

Oct 28

Homemade Pizza
 B.Greek Chicken Salad
 w/Feta Cheese
 UnCrustable PBJ wg
 Caesar Salad
 MILK,Skim
 Fresh Fruit
 Offered Daily
 Baby Carrots 2.6 oz Bag
 100 % Fruit Juice

Oct 29

Cheese Ravioli
 with Meatballs
 Teriyaki Chicken
 Caesar Salad
 UnCrustable PBJ wg
 Steamed Broccoli
 Strawberry Cups
 Garlic Bread
 Apple
 MILK,Skim
 Fresh Fruit
 Pears

Oct 30

Holiday Chicken Nuggets
 Teriyaki Chicken
 Caesar Salad
 UnCrustable PBJ wg
 Potato Puffs
 Savory Green Beans
 WG Dinner Roll
 Pears
 MILK,Skim
 Baby Carrots 2.6 oz Bag
 Fresh Fruit

Assorted Milk Offered Daily, 1% Milk, Skim Milk and FF Chocolate Milk

Sep 30, 2026