

MIDDLE SCHOOL MENU

OCTOBER 2026 • BREAKFAST & LUNCH



**Learn more about our
farm to school story
thecentralkitchen.org**

MON 10/5

Smoothie & Oatmeal Round -or-
Freshly Baked Muffin

Smoked BBQ Chicken Sandwich & Fries -or- Nashville Chicken Wrap -or- Hummus and Tzatziki Wrap -or- Kickin Tenders & Tex Mex Mac Bowl

TUE 10/6

Egg Bites with Potatoes -or- Bagel & Cream Cheese

Cheeseburger and Fries -or- Fish Patty Sandwich -or- Black Bean Burger & Fries -or- Kickin Nugget Chile Verde Bowl

WED 10/7

Turkey Sausage & Cheese Croissant -or- Fresh Baked Muffin

Chicken Pasta Alfredo -or- Pepperoni Pizza -or- Cheese Pizza -or- Vegetarian Pasta Alfredo

THU 10/1

Turkey Sausage Breakfast Square -or- Fresh Baked Muffin

Mesquite Chicken Drumstick & Cornbread -or- Korean BBQ Chicken & Fried Rice -or- Kickin Tenders & Cornbread

FRI 10/2

Chicken Chili Crispito w/Salsa -or- Fruit & Yogurt Parfait

Tex Mex Queso Beef Burrito -or- Spicy Crispy Chicken Sandwich -or- Roasted Turkey Sandwich -or- Tex Mex Queso Bean Burrito -or- Hummus Bento Box

MON 10/12

HOLIDAY

TUE 10/13

Pancake Pup with Syrup -or- Bagel & Cream Cheese

Chicken Crispito -or- Pepperoni Pizza -or- Cheese Pizza

WED 10/14

Egg & Potato Breakfast Burrito -or- Fresh Baked Muffin

Chicken Pasta Alfredo -or- Pepperoni Pizza -or- Cheese Pizza -or- Vegetarian Pasta Alfredo

THU 10/15

Breakfast Pizza Bagel -or- Fresh Baked Muffin

Mesquite Chicken Drumstick & Cornbread -or- Korean BBQ Chicken & Fried Rice -or- Kickin Tenders & Corn Bread

FRI 10/16

Chicken Chili Crispito w/Salsa -or- Fruit & Yogurt Parfait

Tex Mex Queso Beef Burrito -or- Roasted Turkey Sandwich -or- Tex Mex Queso Bean Burrito -or- Hummus Bento Box

MON 10/19

Smoothie & Oatmeal Round -or-
Freshly Baked Muffin

Smoked BBQ Chicken Sandwich & Fries -or- Nashville Chicken Wrap -or- Hummus and Tzatziki Wrap -or- Kickin Tenders & Tex Mex Mac Bowl

TUE 10/20

Egg Bites with Potatoes -or- Bagel & Cream Cheese

Cheeseburger and Fries -or- Fish Patty Sandwich -or- Black Bean Burger & Fries -or- Kickin Nugget Chile Verde Bowl

WED 10/21

Turkey Sausage & Cheese Croissant -or- Fresh Baked Muffin

Chicken Pasta Alfredo -or- Pepperoni Pizza -or- Cheese Pizza -or- Vegetarian Pasta Alfredo

THU 10/22

Egg & Potato Breakfast Bowl -or- Freshly Baked Muffin

Cowboy Beef Stew -or- Mandarin Chicken & Fried Rice -or- Korean BBQ Tofu and Fried Rice Bowl

FRI 10/23

Chicken Chili Crispito w/Salsa -or- Fruit & Yogurt Parfait

Spicy Crispy Chicken Sandwich -or- Roasted Turkey Sandwich -or- Tex Mex Queso Bean Burrito -or- Hummus Bento Box

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MON 10/26

Pancakes & Turkey
Sausage -or- Fresh
Baked Muffin

Chili Cheese Beef Hot
Dog
-or- Nashville Tenders &
Mac Bowl
-or- Nashville Chicken Wrap
-or- Kickin Tenders &
Mac Bowl
-or- Kickin Patty Sandwich

TUE 10/27

Garden Frittata &
Salsa
Bagel & Cream
Cheese

Carnitas Chili Verde
Bowl
-or- Fish
Sandwich & Fries
-or- Black Bean
Burger & Fries
-or- Kickin Nugget
Chile Verde Bowl

WED 10/28

Egg & Potato
Breakfast Burrito
-or- Fresh Baked
Muffin

Chicken Pasta
Alfredo
-or- Pepperoni Pizza
-or- Cheese Pizza
-or- Vegetarian
Pasta Alfredo

THU 10/29

Breakfast Pizza Bagel
- or- Fresh Baked
Muffin

Mesquite Chicken
Drumstick &
Cornbread
-or- Korean BBQ Chicken
& Fried Rice
-or- Kicken Tenders &
Corn Bread

FRI 10/30

Chicken Chili Crispito
w/Salsa
-or- Fruit & Yogurt
Parfait

Tex Mex Queso Beef
Burrito
-or- Roasted Turkey
Sandwich
-or- Tex Mex Queso
Bean Burrito
-or- Hummus Bento
Box



Learn about
National Farm to School
HERE

CREATING THRIVING COMMUNITIES: LOCAL FOOD IN EVERY SCHOOL

Local food procurement can create healthier schools and stronger communities. When we purchase directly from local farmers and ranchers students enjoy fresher, healthier meals while creating important market opportunities for small and mid-sized producers.

Local procurement can be complex and requires thoughtful planning, partnerships, funding, and investment.

We believe that our students deserve the best school meals possible with simple clean ingredients for life long healthy outcomes.

This Farm to School Month, we're highlighting the importance of local procurement, advocating for policies and funding that support it, and celebrating our team and our partners like Soil Born Farms and Food Literacy Center that making this work possible.

All meals include: Fat-free, low-fat or lactose-free milk choices.

- Breakfast options: Listed entrée or General Mills Whole Grain Cereal with sides.
- Various seasonal fruit or vegetable offerings available for breakfast and lunch.

This institution is an equal opportunity provider.

Menus subject to change.



Vegetarian



Freshly Prepared by Central Kitchen

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**EVERY STUDENT DESERVES A HEALTHY CAMPUS EVERY DAY.
DID YOU KNOW YOUR STUDENT STORE IS ONLY ALLOWED TO
SELL HEALTHY SNACKS?**

SECONDARY SCHOOL FUNDRAISING – FOOD & BEVERAGES

During the school day and until 30 minutes after school (or 30 minutes after the after school program at Middle Schools)

- Only student organizations may sell food or drinks to students.
- Parents, PTAs, PTSAs, booster clubs, community groups, individuals, and businesses cannot sell food or beverages to students during these hours.
- Only one student organization may sell each day.
- A group may sell up to 3 types/categories of food or beverages per day.
- No food or drinks may be prepared on campus.
- Fundraising items cannot be the same type of food or beverage being sold by the school nutrition program that day.
- Sports, energy drinks, or sodas are not allowed to be sold on campus.

Today's students are facing health challenges that are closely connected to nutrition, including obesity, prediabetes and Type 2 diabetes, high blood pressure, high cholesterol, fatty liver disease, iron deficiency, dental disease, and other nutrition-related conditions. We are working to improve health outcomes for every student. Help us ensure your campus is healthy every day.

**Learn about Healthy Snacks and Fundraisers
HERE**



Central Kitchen scratch made
cheese sauce, tender pasta,
served with crispy Nashville hot
chicken tenders.

CENTRAL
KITCHEN



Scratch Made Mac & Cheese
with Nashville Hot Seasoned
Chicken Tenders