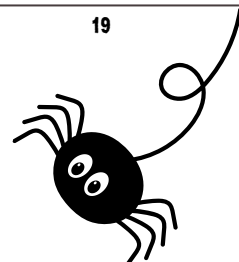


# October

## MIDDLE SCHOOL BREAKFAST & LUNCH MENU



| MONDAY                                                                                                                                                     | TUESDAY                                                                                                                                                   | WEDNESDAY                                                                                                                                                                                                                                       | THURSDAY                                                                                                                                                                                                                                             | FRIDAY                                                                                                                                                                              |                                                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| <div></div> <div>FREE<br/>BREAKFAST &amp; LUNCH<br/>FOR ALL STUDENTS</div> |                                                                                                                                                           | <div>WHAT MAKES<br/>A LUNCH?<br/><small>Select 3-5 components</small></div> <div><div>DAIRY</div><div>GRAINS</div><div>VEGGIES</div><div>FRUIT</div><div>PROTEIN</div></div> <div>one must be a<br/><div>FRUIT</div> or <div>VEGGIE</div></div> | <div>WHAT MAKES<br/>A BREAKFAST?<br/><small>Select three items in total</small></div> <div><div>MILK</div><div>GRAINS</div><div>JUICE</div><div>FRUIT</div></div> <div>one must be a<br/><div>FRUIT</div> or <div>JUICE</div></div>                  | <div>1</div> <div>CHICKEN SAUSAGE &amp; CHEESE<br/>SNACK N WAFFLE</div> <div>PHILLY CHEESE STEAK SANDWICH<br/>SHREDDED LETTUCE<br/>SLICED ONION<br/>JALAPENOS<br/>MIXED FRUIT</div> | <div>2</div> <div>PAN DULCE</div> <div>PEPP LONGBOARD PIZZA<br/>3 WAY SALAD<br/>GRAPE TOMATOES<br/>MALIBU RANCH<br/>COOL BLUE RASPBERRY SLUSH</div> |
| <div>5</div> <div>DOUBLE CHOCOLATE MUFFIN</div> <div>GARLIC CHEESY TOAST<br/>MARINARA SAUCE<br/>ROASTED ITALIAN EGGPLANT<br/>MIXED FRUIT</div>             | <div>6</div> <div>BREAKFAST PIZZA BAGEL</div> <div>CHICKEN NUGGETS<br/>CORNBREAD<br/>PEPPERED CORN<br/>SAVORY GREEN BEANS<br/>ORANGE</div>                | <div>7</div> <div>WILD BLUEBERRY SNACK N WAFFLE</div> <div>CHICKEN EGG ROLL<br/>FRIED RICE<br/>SWEET &amp; SOUR SAUCE<br/>ORIENTAL VEGETABLE MIX<br/>CELERY STICKS<br/>PLUM</div>                                                               | <div></div> <div>8</div> <div>CRISPY CHICKEN BISCUIT</div> <div>HOT DOG<br/>SWEET BBQ BEANS<br/>CRINKLE CUT FRIES<br/>HONEY DEW</div>                             | <div>9</div> <div>CRUMB CAKE</div> <div>GALAXY PIZZA<br/>BABY CARROTS<br/>BROCCOLI BUDS<br/>BLUE RASPBERRY SLUSH</div>                                                              |                                                                                                                                                     |
| OCTOBER BREAK 12TH-19TH                                                                                                                                    |                                                                                                                                                           |                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                      |                                                                                                                                                                                     |                                                                                                                                                     |
| <div>19</div> <div></div>                                               | <div>20</div> <div>BLUEBERRY MUFFIN TOP</div> <div>CHICKEN TENDERS<br/>TEXAS TOAST<br/>SAVORY GREEN BEANS<br/>PEPPERED CORN<br/>BERRIES CUP</div>         | <div>21</div> <div>FRENCH TOAST STICKS</div> <div>CARNE ASADA NACHOS<br/>PINTO BEANS<br/>JALAPENOS/ CILANTRO<br/>DICED ONION/ RADISH<br/>SOUR CREAM<br/>APPLE PEAR</div>                                                                        | <div>22</div> <div>PANCAKE ON A STICK</div> <div>CORN DOG<br/>BABY CARROTS<br/>CELERY STICKS<br/>RAISIN WATERMELON SOUR POUCH</div>                                                                                                                  | <div>23</div> <div>MINI BREAKFAST BITES</div> <div>TRKY PEPP STUFFED SANDWICH<br/>BABY CARROTS<br/>BROCCOLI BUDS<br/>KIWI STRAWBERRY SIDEKICK</div>                                 |                                                                                                                                                     |
| <div>26</div> <div>CHOCOLATE CHIP MUFFIN</div> <div>BRC BURRITO<br/>MEXICORN<br/>SALSA<br/>SOUR CREAM<br/>ORANGE</div>                                     | <div>27</div> <div>BREAKFAST SAUSAGE PIZZA</div> <div>BAT NUGGETS<br/>HALLOWEEN GRAHAMS<br/>SEET BBQ BEANS<br/>SAVORY GREEN BEANS<br/>DICED PEACHES</div> | <div></div> <div>28</div> <div>CINN GLAZED PANCAKES</div> <div>FAMOUS CHICKEN BOWL<br/>PEPPERED CORN<br/>BREADSTICK<br/>PEAR</div>                           | <div></div> <div>29</div> <div>HAM &amp; CHEESE BAGEL</div> <div>CHEESEBURGER SLIDERS<br/>BABY CARROTS<br/>BROCCOLI BUDS<br/>WIGGLES STRAWBERRY FRUIT GEL</div> | <div>30</div> <div>OATMEAL CHOCOLATE CHIP BAR</div> <div>PIZZA NADA<br/>BABY CARROTS<br/>CELERY STICKS<br/>BAT ROSATI</div>                                                         |                                                                                                                                                     |

| KEY                          |
|------------------------------|
| BREAKFAST                    |
| LUNCH                        |
| SEMI- SCRATCH                |
| MADE FRESH @ CENTRAL KITCHEN |

| CHOICES                                                                                                                                                                                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>BREAKFAST</b><br>• WG CEREAL<br>• BAGEL/ CREAM CHEESE<br>• YOGURT PARFAIT<br>FRUIT & 100% FRUIT JUICE<br>OFFERED DAILY                                                                                                                                                                                     |
| <b>LUNCH</b><br>DAILY:<br>• PIZZA<br>• SPICY CHICKEN SANDWICH<br>• JALAPENO MOZZARELLA BITES<br>MONDAY & TUESDAY<br>• <b>CHICKEN PESTO MELT</b><br>WEDNESDAY:<br>• CHICKEN WINGS/ CORNBREAD<br>THURSDAY & FRIDAY:<br>• DORITOS WALKING TACO<br>Choice of Milk Offered Daily<br>1% White<br>or<br>NF Chocolate |

**NEW!**

