

-Meals are Free to anyone 18 or under
-All meals must be eaten on site

Longfellow Middle School
October Dinner Menu
Served Monday, Tuesday and
Thursday from 3:45pm-5:15pm on
school days

Menu is subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

-Remember you must take a fruit, vegetable,
or juice to complete your meal
-All bread/grains items are 50% whole grain!
-Fat-Free Chocolate and Low-Fat White Milk
available daily

1

Entrée: Penne with Meatballs
(2oz equiv. of MMA and 2oz
equiv. of grain)
Fruit: Apple or Juice (1/2 cup
equiv.)
Vegetable Side Salad (1/2 cup
equiv.)
Milk: Choice of Milk (8oz)

2

No
Service

5

Entrée: Mac & Cheese (2oz
equiv. of MMA & 1oz equiv. of
grain)
Fruit: Apple or Juice (1/2 cup
equiv.)
Vegetable: Fresh Red
Peppers (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

6

Entrée: Walking Taco (2oz
equiv. of MMA & 1oz equiv. of
grain)
Fruit: Banana or Juice (1/2 cup
equiv.)
Vegetable: Kickin' Pinto's (1/2
cup equiv.)
Milk: Choice of Milk (8oz)

7

No
Service

8

Entrée: Penne with Meatballs
(2oz equiv. of MMA and 2oz
equiv. of grain)
Fruit: Apple or Juice (1/2 cup
equiv.)
Vegetable Side Salad (1/2 cup
equiv.)
Milk: Choice of Milk (8oz)

9

NO SCHOOL

12

Entrée: Mac & Cheese (2oz
equiv. of MMA & 1oz equiv. of
grain)
Fruit: Apple or Juice (1/2 cup
equiv.)
Vegetable: Fresh Red
Peppers (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

13

Entrée: Walking Taco (2oz
equiv. of MMA & 1oz equiv. of
grain)
Fruit: Banana or Juice (1/2 cup
equiv.)
Vegetable: Kickin' Pinto's (1/2
cup equiv.)
Milk: Choice of Milk (8oz)

14

No
Service

15

Entrée: Penne with Meatballs
(2oz equiv. of MMA and 2oz
equiv. of grain)
Fruit: Apple or Juice (1/2 cup
equiv.)
Vegetable Side Salad (1/2 cup
equiv.)
Milk: Choice of Milk (8oz)

16

No
Service

19

Entrée: Mac & Cheese (2oz
equiv. of MMA & 1oz equiv. of
grain)
Fruit: Apple or Juice (1/2 cup
equiv.)
Vegetable: Fresh Red
Peppers (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

20

Entrée: Walking Taco (2oz
equiv. of MMA & 1oz equiv. of
grain)
Fruit: Banana or Juice (1/2 cup
equiv.)
Vegetable: Kickin' Pinto's (1/2
cup equiv.)
Milk: Choice of Milk (8oz)

21

No
Service

22

Entrée: Penne with Meatballs
(2oz equiv. of MMA and 2oz
equiv. of grain)
Fruit: Apple or Juice (1/2 cup
equiv.)
Vegetable Side Salad (1/2 cup
equiv.)
Milk: Choice of Milk (8oz)

23

NO SCHOOL

26

Entrée: Mac & Cheese (2oz
equiv. of MMA & 1oz equiv. of
grain)
Fruit: Apple or Juice (1/2 cup
equiv.)
Vegetable: Fresh Red
Peppers (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

27

Entrée: Walking Taco (2oz
equiv. of MMA & 1oz equiv. of
grain)
Fruit: Banana or Juice (1/2 cup
equiv.)
Vegetable: Kickin' Pinto's (1/2
cup equiv.)
Milk: Choice of Milk (8oz)

28

No
Service

29

Entrée: Penne with Meatballs
(2oz equiv. of MMA and 2oz
equiv. of grain)
Fruit: Apple or Juice (1/2 cup
equiv.)
Vegetable Side Salad (1/2 cup
equiv.)
Milk: Choice of Milk (8oz)

30

No
Service