

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

Southview Middle School October Dinner Menu

Served Tuesday, Wednesday, and
Thursday 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	2
			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)	NO Service
5	6	7	8	9
NO Service	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)	Entrée: Chicken Drumstick w/Roll (2.5oz equiv. MMA & 2oz Equiv. of grain) Fruit: Orange or Juice (1/2 cup equiv.) Vegetable: Mashed Potatoes with Gravy (1/2 cup equiv.) Milk: Choice of Milk (8oz)	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)	NO SCHOOL
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