Middle School Lunch Menu

Norwell Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2 Pizza Sticks UnCrustable PBJ wg Teriyaki Chicken Caesar Salad Buttered Egg Noodles Steamed Broccoli Apple MILK,Skim Fresh Strawberries	Nov 3 Taco Bar Teriyaki Chicken Caesar Salad UnCrustable PBJ wg Black Bean & Corn Salad MILK,Skim Yogurt Parfait Fresh Fruit Baby Carrots 2.6 oz Bag Apple Sliced 2oz bag	Nov 4 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	Nov 5 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	Nov 6 Big Daddys Pizza Teriyaki Chicken Caesar Salad UnCrustable PBJ wg Caesar Salad MILK,Skim Fresh Fruit Offered Daily Orange Smiles Baby Carrots 2.6 oz Bag FRUIT JUICE,ASSORTED
Nov 9 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*	Nov 10 A.Chicken&BroccoliAlfredo over Pasta UnCrustable PBJ wg Teriyaki Chicken Caesar Salad Garlic Knot WG Fresh Fruit MILK,Skim Apple Sliced 2oz bag Baby Carrots 2.6 oz Bag MIXED FRUIT: frozen,sweetened	Nov 11 HOLIDAY	Nov 12 Sliced Turkey UnCrustable PBJ Teriyaki Chicken Caesar Salad Stuffing Mashed Potatoes Gravy WG Dinner Roll Buttered Peas Pears Homemade Apple Crisp MILK,Skim	Nov 13 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
Nov 16 A. Chicken Bowl Warm Biscuit Teriyaki Chicken Caesar Salad UnCrustable PBJ wg Fresh Fruit Offered Daily Apple MILK,Skim Lemon DillChickpea Salad	Nov 17 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	Nov 18 A. Bacon,Egg&CheeseBagel Teriyaki Chix Caesr Wrap UnCrustable PBJ wg Hash Brown MILK,Skim Fresh Fruit Offered Daily Baby Carrots 2.6 oz Bag 100 % Fruit Juice	Nov 19 Hot Dog on a Roll Cheeseburger on a WG Bun UnCrustable PBJ wg Teriyaki Chix Caesr Wrap Baby Carrots 2.6 oz Bag Potato Chips Peaches MILK,Skim Fresh Fruit Offered Daily Yogurt Parfait	Nov 20 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

Nov 23 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	**Nov 24** 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	**Nov 25** Pancakes Teriyaki Chix Caesr Wrap UnCrustable PBJ wg Hash Brown MILK,Skim Fresh Fruit Offered Daily Baby Carrots 2.6 oz Bag 100 % Fruit Juice	**Nov 26** HOLIDAY	**Nov 27** HOLIDAY
Nov 30 Toasted CheeseSandwich B.Greek Chicken Salad w/Feta Cheese UnCrustable PBJ wg Lemon DillChickpea Salad Fresh Fruit Offered Daily MILK,Skim Goldfish Crackers Pears Yogurt Parfait Baby Carrots 2.6 oz Bag				

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

Oct 30, 2026