



OCTOBER | 2018

MIDDLE SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 FAT FREE MILK Turkey club sub Turkey/bacon/cheese Served on a whole grain bun Baked beans Broccoli salad Fresh apple or orange Salad bar	2 FAT FREE MILK Build your own Nacho Bar Meat and cheese Lettuce/tomato/salsa/sr cream Black bean and corn fiesta Fresh apple slices Salad bar	3 FAT FREE MILK Popcorn chicken Mashed potatoes and gravy Whole grain dinner roll Golden Savory Corn Applesauce Salad bar	4 FAT FREE MILK TASTE OF ITALY Bosco cheese stuffed breadstick Meat and cheese sauce Steamed broccoli buds Pineapple tid-bits Salad bar	5 HALF DAY OF SCHOOL BREAKFAST SERVED
8 FAT FREE MILK Baked whole grain chicken nugget Cottage cheese/Granola Bar Mixed green garden salad Diced peaches Salad bar	9 FAT FREE MILK Seasoned beef Tacos Lettuce/tomato/cheese Tex-mex refried bean dip Black bean & corn fiesta Mixed fruit Salad bar	10 FAT FREE MILK Baked Steak burger Served on a whole grain bun Baked sweet potato puffs Baked beans Orange wedges Salad bar	11 FAT FREE MILK Classic homemade chili/soup Whole grain crackers Whole grain bread stick Baby carrots and low fat dip Fresh red grapes Salad bar	12 FAT FREE MILK PIZZA DAY Homestyle whole grain pizza Your choice cheese or pepperoni Steamed broccoli buds or peas/ sliced pears/salad bar
15 FAT FREE MILK Tasty Honey Beef dippers Oven baked fries Whole grain breadstick Baby carrots and dip Mixed fruit Salad bar	16 FAT FREE MILK Student favorite Walking taco meat/cheese Baked scoops Tex-mex refried bean dip Fresh romaine garden salad Sliced peaches Salad bar	17 FAT FREE MILK Popcorn chicken Mashed potatoes and gravy Whole grain dinner roll Golden Savory Corn Applesauce Salad bar	18 FAT FREE MILK Southern delight Waffle and chicken bites Warm syrup Hash brown Fresh grapes & mixed fruit 100% fruit juice Salad bar	19 FAT FREE MILK TASTE OF ITALY Bosco cheese stuffed breadstick Meat and cheese sauce Steamed broccoli buds Pineapple tid-bits Salad bar
22 FAT FREE MILK Mini corn dog bites Baked chips Bolstered baked beans Cinnamon applesauce Salad bar	23 FAT FREE MILK Build your own Nacho Bar Meat and cheese Lettuce/tomato/salsa/sr cream Black bean and corn fiesta Fresh apple slices Salad bar	24 FAT FREE MILK WG Baked chicken tenders Baked Crispy fries WG Dinner roll Golden corn Awesome applesauce Salad bar	25 FAT FREE MILK Reduced fat macaroni and cheese Savory garlic toast Seasoned green beans Sliced pears Salad bar	26 FAT FREE MILK PIZZA DAY Homestyle whole grain pizza Your choice cheese or pepperoni Steamed broccoli buds or peas/ sliced pears/salad bar
29 FAT FREE MILK Chicken fajita Served on ultra grain tortilla Green peppers and onions Tex-mex refried bean dip Fresh romaine garden salad Sliced peaches Salad bar	30 FAT FREE MILK Hotdog cook-out day Hotdog on a whole grain bun Fun sized chips Body building baked beans Chilled pears Salad bar	31 FAT FREE MILK Asian stir fry day New Orleans's style General Tso' spicy chicken Stir fry veggies Fluffy wild rice Fortune cookie Mandarin oranges		

News

CHECK OUT OUR EXPANDED SALAD BARS INCLUDED WITH ALL MEALS SECOND LUNCH CHOICE AVAILABLE

MONDAY

PIZZA

TUESDAY

TURKEY SUB OR PBJ UNCRUSTABLE

WEDS

PIZZA

THURS

CHICKEN NUGGET/TENDER/PATTY

FRIDAY

NACHOS

SALAD BAR ITEMS OFFERED DAILY INCLUDE: ROMAINE LETTUCE, TOMATOES, CELERY, CARROTS, GREEN PEPPERS, CUCUMBERS, ONIONS, BROCOLLI, AND CAULIFLOWER.

Lunch prices 2018-19

Breakfast \$2.00

Elementary \$2.75

Middle school \$3.00

High School \$3.00

MILK CHOICES

INCLUDE FLAVORED AND UNFLAVORED

FAT FREE MILK

DAILY WITH ALL MEALS