

October 2019

MIDDLE SCHOOL LUNCH



Monday

Did You Know?

Columbus Day is celebrated the second Monday every October.

Tuesday

1
CHICKEN TENDERS
BROCCOLI & CHEESE
DINNER ROLL
FRESH SALAD
FRUIT CUP
MILK

Wednesday

2
HOT HAM & CHEESE
DICED SEASONED POTATOES
FRESH SALAD
FRUIT CUP
MILK

Thursday

3
CHICKEN FAJITA
SHREDDED LETTUCE
SALSA & CHEESE
REFRIED BEANS
FRUIT CUP
MILK

Friday

4
PIZZA
STEAMED CORN
FRESH SALAD
FRUIT CUP
MILK

7
PIZZA BURGER
ON BUN

BAKED FRIES
FRESH SALAD
FRUIT CUP
MILK

8
CHICKEN NUGGETS

MAC n CHEESE
CARROTS & DIP
FRESH SALAD
FRUIT CUP
MILK

9
CORN DOG

BAKED BEANS
FRESH SALAD
FRUIT CUP
MILK

10
WALKING TACO
SHREDDED LETTUCE
SALSA & CHEESE

STEAMED CORN
FRESH SALAD
FRUIT CUP
MILK

11
CALZONE

STEAMED GREEN BEANS
FRESH SALAD
FRUIT CUP
MILK

14
CHEESEBURGER
ON BUN

BAKED FRIES
FRESH SALAD
FRUIT CUP
MILK

15
CHICKEN FILET
ON BUN

STEAMED BROCCOLI
FRESH SALAD
FRUIT CUP
MILK

16
SPAGHETTI &
MEAT SAUCE

GARLIC ROLL
GLAZED CARROTS
FRESH SALAD
FRUIT CUP
MILK

17
STEAK FAJITA
SHREDDED LETTUCE
SALSA & CHEESE

BLACK BEANS
FIESTA RICE
FRUIT CUP
MILK

18
PIZZA

STEAMED CORN
FRESH SALAD
FRUIT CUP
MILK

21
PORK CHOP
SANDWICH

BAKED FRIES
FRESH SALAD
FRUIT CUP
MILK

22
POPCORN CHICKEN

MASHED POTATOES & GRAVY
DINNER ROLL
FRESH SALAD
FRUIT CUP
MILK

23
CHICKEN & NOODLES

STEAMED PEAS
DINNER ROLL
FRESH SALAD
FRUIT CUP
MILK

24
SOFT TACO
SHREDDED LETTUCE
SALSA & CHEESE

REFRIED BEANS
FRUIT CUP
MILK

25
PIZZA

STEAMED GREEN BEANS
FRESH SALAD
FRUIT CUP
MILK

28
CHEESEBURGER
ON BUN

BAKED FRIES
FRESH SALAD
FRUIT CUP
MILK

29
CHICKEN FILET
ON BUN

STEAMED LIMA BEANS
FRESH SALAD
FRUIT CUP
MILK

30
SALISBURY STEAK

MASHED POTATOES & GRAVY
DINNER ROLL
FRESH SALAD
FRUIT CUP
MILK

31
BURRITO
CHILI & CHEESE

SPICY BEANS
FRESH SALAD
FRUIT CUP
MILK

THIS INSTITUTION IS AN
EQUAL OPPORTUNITY
EMPLOYER

MENU SUBJECT TO
CHANGE DUE TO
AVAILABILITY

LUNCH: \$2.95
REDUCED: \$.40

ADDITIONAL ITEMS
OFFERED DAILY
FOR MAIN ENTRÉE
WARRIOR MEAL

FRESH ROMAINE
SALAD
&
FRESH BABY
CARROTS
OFFERED DAILY

WHOLE GRAIN
BREAD PRODUCTS
SERVED

1% CHOCOLATE &
WHITE
FAT FREE
STRAWBERRY
MILK

