

OCTOBER | 2022



MIDDLE SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CHEESEBURGER ON W/G BUN BAKED FRIES FRESH ORANGE MILK	4 QUESADILLA REFRIED BEANS FRESH CARROTS & DIP FRESH APPLE MILK	5 SPAGHETTI W /MEAT SAUCE STEAMED PEAS DICED PEACHES MILK	6 CHICKEN PATTY ON W/G BUN STEAMED BROCCOLI DICED PEARS MILK	7 PIZZA STEAMED CORN ROMAINE SALAD FRUIT CHOICE MILK
10 HONEY BBQ RIB ON W/G BUN GLAZED CARROTS ROMAINE SALAD FRESH ORANGE MILK	11 CHICKEN FAJITA SOFT TORTILLA LETTUCE, SALSA BLACK BEANS FRESH APPLE MILK	12 EGG & CHEESE OMELET FRENCH TOAST STICKS TATER TOTS DICED PEACHES MILK	13 POPCORN CHICKEN MASHED POTATOES GRAVY DINNER ROLL DICED PEARS MILK	14 PIZZA STEAMED GREEN BEANS ROMAINE SALAD FRUIT CHOICE MILK
17 SPICY CHICKEN PATTY ON W/G BUN BAKED FRIES ROMAINE SALAD FRESH ORANGE MILK	18 WALKING TACO TORTILLA CHIPS LETTUCE, CHEESE STEAMED CORN FRESH APPLE MILK	19 CHILI W/ CRACKERS P-NUT BUTTER SANDWICH CARROTS & DIP DICED PEACHES MILK	20 CHICKEN NUGGETS BAKED BEANS DINNER ROLL DICED PEARS MILK	21 PIZZA STEMAED GREEN BEANS ROMAINE SALAD FRUIT CHOICE MILK
24 CHEESEBURGER ON W/G BUN BAKED FRIES ROMAINE SALAD FRESH ORANGE MILK	25 BAKED QUESADILLA REFRIED BEANS SALSA FRESH APPLE MILK	26 SPAGHETTI W /MEAT SAUCE CARROTS & DIP GARLIC ROLL DICED PEACHES MILK	27 CHICKEN PATTY ON W/G BUN STEAMED BROCCOLI DICED PEARS MILK	28 PIZZA STEAMED CORN ROMAINE SALAD FRUIT CHOICE MILK
31 HONEY BBQ RIB ON W/G BUN STEAMED PEAS ROMAINE SALAD FRESH ORANGE MILK	1	2 MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY	3 MILK VARIETIES & WHOLE GRAINS SERVED DAILY	4 THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER

News
BREAKFAST

\$1.00
REDUCED \$.30

BREAKFAST ITEMS
OFFERED THIS MONTH
ITEMS ARE WHOLE
GRAIN

MUFFIN
POPARTS
CEREAL
SUPER DONUT
APPLE STRUDEL
MINI CINNIE
CEREAL BAR
& OTHER AVAILABLE
ITEMS

LUNCH PRICE

\$2.95
REDUCED MEAL
\$.40

EXTRA MILK \$.50