

Middle School Lunch Menu

October 2015

28

side items

side items

30

side items

Pizza Max Sticks with Sauce,

Burger, Pizza Premium cold cut sandwiches Grilled Cheese, Pbj

side items **Baked Beans**

Fruit, juice

Spicy Buffalo Chicken Sandwich

Popcorn Chicken, Pizza Premium cold cut sandwiches Pbj, grilled cheese

side items Baby carrots Fruit, juice

Meatball Sub

Chicken Patty & FF, Pizza Premium cold cut sandwiches Pbi, grilled cheese

side items

Golden Corn Fruit, juice

Chicken Mashed Potato Bowl

Burger, Pizza Premium cold cut sandwiches Pbj, grilled cheese

side items **Steamed Carrots**

Fruit, juice

Cheesy Penne Bake

Chicken Patty & FF, Pizza Premium cold cut sandwiches Pbi, Grilled cheese

side items Campfire beans

fruit, juice

Corn Dog, Hot Dog

Popcorn Chicken & FF. Pizza Premium cold cut sandwiches Pbj, grilled cheese

side items Baby carrots

Fruit, juice

9

Cheese Ravioli with Dinner Roll.

Chicken Patty, Pizza Premium cold cut sandwiches Pbj, grilled cheese

side items Steamed broccoli

Fruit, juice

Baby carrots

Fruit, juice

COLUMBUS DAY

13

Cheesteak Sandwich

Chicken Patty & FF, Pizza Premium cold cut sandwiches Pbj, grilled cheese

Green beans, Fruit, juice

Orange Chicken with Broccoli and Rice

Burger, Pizza Premium cold cut sandwiches Pbj, grilled cheese

Sweet potato's Fruit, juice

15

Nachos

Popcorn Chicken, Pizza Premium cold cut sandwiches Pbj, grilled cheese

Baked Beans Fruit, juice

Pancakes with Syrup and Sausage

Chicken Nuggets, Pizza Premium cold cut sandwiches Pbj, grilled cheese

Meatball Sub,

Chicken and Cheese quesadillas, Premium cold cut sandwiches Pbj, grilled cheese

side items Golden Corn

Fruit, juice

20

Chicken Mashed Potato Bowl

Burger, Pizza Premium cold cut sandwiches Pbj, grilled cheese

Steamed Carrots Fruit, juice

21

Ravioli with Sauce

Chicken Patty & FF, Pizza Premium cold cut sandwiches Pbj, grilled cheese

side items Campfire beans

Fruit, juice

22

Nachos

Popcorn Chicken, Pizza Premium cold cut sandwiches Pbj, grilled cheese

Baby carrots

Fruit, juice

23

Chicken Quesadillas, **Tacos**

Burger, Pizza Premium cold cut sandwiches Pbj, grilled cheese

Fries, Fresh Broccoli Fruit, juice

26

Spaghetti and Meatballs

Chicken Patty, Pizza Premium cold cut sandwiches Pbj, grilled cheese

ide items

Green beans, Fruit, juice

Corn dog, Hot Dog

Chicken Patty, Burger, Pizza Premium cold cut sandwiches Pbj, grilled cheese

side items

Tator tots Fruit, juice 28

Waffles with Sausage and Syrup

Chicken Nuggets, Pizza Premium cold cut sandwiches Pbj, Grilled cheese

Sweet potato's

Fruit, juice

29

Cheesesteak Sandwich

Chicken Patty, Pizza Premium cold cut sandwiches Pbj, grilled cheese

Baked Beans Fruit, juice

30

side items

Chicken Tenders with Potato

Burger, Pizza Premium cold cut sandwiches Pbj, grilled cheese

side items

Baby carrots Fruit, juice

Yogurt Parfait, Salad Specials Healthy Snack Options



Made with Healthy Whole Grains



Local ingredients are always used when in season Nutritional Messages may vary by school.



Ovo-Lacto Vegetarian, may contain Egg & Milk



side items





Any concerns, questions or ideas, let me know



Cara Dimarsico

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