



# October 2022

## MIDDLE SCHOOL LUNCH MENU

October 3 – October 7

Powering potential.™

	MON	TUES	WED	THURS	FRI
CENTER PLATE	Chicken Parmesan	<b>Taco Tuesday</b> Season turkey meat in soft or <b>GF crispy corn shells</b> & all the fixings	<b>Yom Kippur</b> <b>NO SCHOOL</b>	<b>Oven Baked Chicken Tenders</b> with a whole grain dinner roll	Vegetable Lasagna
GRILL	Spicy Chicken Patty	Nacho Calzone		Roasted Veggie & Cheese Melt	Three Cheese Grilled Cheese <b>GF Grilled Cheese</b>
DELI	Hummus & Roasted Veggie Wrap	Tuna Salad Wrap <b>GF Tuna Salad Wrap</b>		Turkey Club	Italian Combo
PIZZA	Cheese Pepperoni <b>GF Cheese Pizza</b>	Cheese Roasted Veggie		Cheese Hawaiian (Ham & Pineapple) <b>GF Cheese Pizza</b>	Cheese Buffalo Chicken
VEGETABLE	Steamed Green Beans Cherry Tomato Salad	Refried Beans Roasted Street Corn		Spring Peas Homestyle Coleslaw	Roasted Tomatoes Garden Salad

Menus are subject to change.

**Student Lunch:**  
Free



**Offered Daily**  
Yogurt Parfait  
*Choice of Blueberries, Strawberries or Peach with nut-free Granola*

Grab-n-Go Salads & Sandwiches

**Did you know??**

- ✓ All deli meats are Boars Head Brand
- ✓ Bread is fresh daily
- ✓ Chicken is whole muscle
- ✓ Milk is hormone & antibiotic-free

All Lunches Must Include Choice of:  
Fruits and/or Vegetable  
And May Include:  
1% Low-Fat Milk, Fat-Free Chocolate & Fat Free Milk

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# October 2022

## SCOTTS RIDGE MIDDLE SCHOOL LUNCH MENU

October 10 – October 14

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	MON	TUES	WED	THURS	FRI
<b>COLUMBUS DAY</b>					
<b>NO SCHOOL</b>					
<b>CENTER PLATE</b>		Sweet and Sour Chicken & Rice Bowl	Chicken Philly Cheese Steak	BBQ Chicken w/Dinner Roll <i>GF Grilled Chicken</i>	Mac & Cheese w/ Cornbread <i>GF Mac &amp; Cheese</i>
<b>GRILL</b>		Meatball Parmesan Grinder	Cheese Quesadilla <i>GF Cheese Quesadilla</i>	Chicken Club Melt	Buffalo Chicken Tender Wrap
<b>DELI</b>		Grapes, Strawberries, Pear & Yogurt with Pita	Roast Beef & Cheddar	Hummus, Cucumber & Feta Wrap	Blueberry & Granola Yogurt Parfait
<b>PIZZA</b>		Cheese White Spinach <i>GF Cheese Pizza</i>	Cheese Pepperoni (Pepperoni)	Cheese Meatlovers (Pepperoni & Meatball)	Cheese BBQ Chicken & Ranch
<b>VEGETABLE</b>		Steamed Snow Peas Tomato & Cucumber Salad	Sweet Potato Fries Three Bean Salad	Corn on the Cob Baked Beans	Roasted Broccoli Caesar Salad

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## SCOTTS RIDGE MIDDLE SCHOOL LUNCH MENU

October 17 – October 21

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CENTER PLATE

GRILL

DELI

PIZZA

VEGETABLE

	MON	TUES	WED	THURS	FRI
CENTER PLATE	Pasta or <b>GF Pasta</b> Served with Meatballs, Marinara & Garlic Bread	<u>Nacho Bar</u> <b>GF Corn Chips</b> with taco meat & all the fixings and Kickin Pinto Beans	<u>Breakfast for Lunch</u> Cinnamon Swirl French Toast	<b>EARLY DISMISSAL NO LUNCH SERVED</b>	Grilled Cheese & Tomato Soup w/Garden Salad <b>GF Grilled Cheese</b>
GRILL	Chicken Cutlet with Mozzarella & Roasted Peppers	Chicken Quesadilla <b>GF Chicken Quesadilla</b>	<b>GF Egg &amp; Cheese Omelet</b>		Meatball Grinder
DELI	Ham & Cheese With Honey Mustard	Chicken Caesar Wrap	Chicken Ranch Wrap		Strawberry & Granola Yogurt Parfait
PIZZA	Cheese Roasted Veggie	Cheese Meatball	Cheese Hawaiian (Ham & Pineapple)		Cheese Buffalo Chicken
VEGETABLE	Steamed Green Beans Chickpea & Tomato Salad	Roasted Broccoli Spinach & Strawberry Salad	Sweet Potato Puffs Tomato & Cucumber Salad		Roasted Tomatoes Potato Salad

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Student Lunch:  
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Grab-n-Go Salads & Sandwiches

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# October 2022

## MIDDLE SCHOOL LUNCH MENU

October 24 – October 28

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CENTER PLATE

GRILL

DELI

PIZZA

VEGETABLE

	MON	TUES	WED	THURS	FRI
	Pasta or <b>GF Pasta</b> with choice of marinara or meat sauce & garlic bread	Chicken or Cheese Quesadilla <b>GF Chicken or Cheese Quesadilla</b>	<b>EARLY DISMISSAL NO LUNCH SERVED</b>	Oven Roasted Chicken with mixed rice	<b>EARLY DISMISSAL NO LUNCH SERVED</b>
	Spicy Chicken Patty	Ham & Cheese Melt		Nacho Calzone	
	Hummus & Roasted Veggie Wrap	Tuna Salad Wrap		Italian Combo	
	Cheese Pepperoni	Cheese White with Broccoli		Cheese BBQ Chicken Ranch <b>GF Cheese Pizza</b>	
	Steamed Spinach Garden Salad	Baked French Fries Roasted Tomatoes		Roasted Zucchini Three Bean Salad	

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## MIDDLE SCHOOL LUNCH MENU

October 31 – November 4

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	MON	TUES	WED	THURS	FRI
CENTER PLATE	Chicken, Broccoli & Alfredo Pasta with Garlic Bread	General Tso Chicken & Rice Bowl	Loaded Tator Tots Served with Chili, Cheese & all the fixings	Sweet & Sour Chicken & Rice Bowl	<b>EARLY DISMISSAL NO LUNCH SERVED</b>
GRILL	Veggie & Cheese Melt <i>GF Veggie &amp; Cheese Melt</i>	Grilled Chicken Sandwich <i>GF Grilled Chicken Sandwich</i>	Meatball Parmesan Grinder	Cheese Quesadilla <i>GF Cheese Quesadilla</i>	
DELI	Chicken Caesar Wrap	Grapes, Strawberries, Pears, Yogurt & Pita Platter	Roast Beef & Cheddar	Hummus, Cucumber & Feta Wrap	
PIZZA	Cheese Pepperoni	Cheese Roasted Veggie	Cheese Buffalo Chicken <i>GF Cheese Pizza</i>	Cheese Meatlovers (Pepperoni & Meatball)	
VEGETABLE	Roasted Carrots Caesar Salad	Steamed Snow Peas Garden Salad	Black Beans & Roasted Corn Roasted Broccoli	Carrots & Peas Greek Salad	

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Student Lunch:  
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