



# October 2023

## MIDDLE SCHOOL LUNCH MENU

October 2 – October 6

Powering  
potential.

	MON	TUES	WED	THURS	FRI
ENTREE	BBQ Chicken Macaroni Bake Steamed Carrots	Twin Beef Tacos Brown Rice Campfire Pinto Beans	Honey Stung Popcorn Chicken & Brown Rice Roasted Broccoli	General Tso Chicken Brown Rice Snow Peas	Waffles Turkey Sausage Baked Tator Tots
GRILL	Grilled Three Cheese	Chicken Tenders with WG Dinner Roll	Spicy Chicken Patty	Atomic Burger	Grilled Turkey Bacon & Cheese
PIZZA	Pepperoni	Cheeseburger	Meatball	Roasted Veggie	Chicken Sausage
DELI	Italian Wrap	Chicken Caesar Wrap	Roasted Veggie Wrap	Tuna Salad Wrap	Ham & Cheese Sandwich
SALAD	Blueberry Parfait Cobb Salad WG Dinner Roll or Biscuit	Blueberry Parfait Apple Cheddar Salad WG Dinner Roll or Biscuit	Blueberry Parfait Chicken Caesar Salad WG Dinner Roll or Biscuit	Blueberry Parfait Veggie Baja Salad WG Dinner Roll or Biscuit	Blueberry Parfait Ranch Chicken Salad WG Dinner Roll or Biscuit



**Menus are subject to change.**

This institution is an equal  
opportunity providers



Available Everyday:  
**GRILL:** Hamburger, Cheeseburger, Veggie Burger  
**PIZZA:** Cheese  
**DELI:** Sunbutter & Jelly, Turkey & Cheddar Sandwich  
**SALAD:** Garden Salad with & without chicken

Student Lunch: \$3.25    Adult Lunch: \$4.00

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

All Breads are whole grain &  
 delivered fresh everyday  
 ~  
 Chicken is whole muscle  
 ~  
 Milk is hormone & antibiotic  
 free



# September 2023

## MIDDLE SCHOOL LUNCH MENU

October 9 – October 13

Powering  
potential.

	MON	TUES	WED	THURS	FRI
ENTREE	NO SCHOOL	Beef Nachos Santa Fe Brown Rice Kickin' Pinto Beans	Cheesy Baked Penne Garlic Bread Broccoli & Cauliflower	Popcorn Chicken & Mashed Potato Bowl Cornbread Roasted Carrots	Pancakes Scrambled Eggs Baked Tator Tots
GRILL		Cheese Quesadilla	Meatball Pizza Sub	Cheese Stuffed Breadsticks	California Chicken Sandwich
PIZZA		White with Spinach	Pepperoni	Buffalo Chicken	Hawaiian
DELI	COLUMBUS DAY	Buffalo Chicken Wrap	Italian Sub	Asian Chicken Wrap	Turkey BLT
SALAD		Apple, Yogurt & Cheese Stick Greek Salad WG Dinner Roll or Biscuit	Apple, Yogurt & Cheese Stick Chicken Caesar WG Dinner Roll or Biscuit	Apple, Yogurt & Cheese Stick Fajita Nacho Salad WG Dinner Roll or Biscuit	Apple Yogurt & Cheese Stick Hard Boiled Egg Chef Salad WG Dinner Roll or Biscuit

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Available Everyday:

**GRILL:** Hamburger, Cheeseburger, Veggie Burger

**PIZZA:** Cheese

**DELI:** Sunbutter & Jelly, Turkey & Cheddar Sandwich

**SALAD:** Garden Salad with & without chicken

Student Lunch: \$3.25

Adult Lunch: \$4.00

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

All Breads are whole grain &  
delivered fresh everyday  
~

Chicken is whole muscle  
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Milk is hormone & antibiotic  
free





# September 2023

## MIDDLE SCHOOL LUNCH MENU

October 16 – October 20

EARLY  
DISMISSAL

Powering  
potential.

	MON	TUES	WED	THURS	FRI
ENTREE	Chicken Penne Alfredo Steamed Broccoli	Chicken Fajita Quesadilla Peppers & Black Beans	Chicken Dumplings Brown Fried Rice Snap Peas	Burger Bar with French Fries & all the fixings	Mini Maple Waffles Turkey Sausage Sweet Potato Fries
GRILL	BBQ Chicken Tender Melt	Egg & Cheese on a Bagel	BLT Ranch Chicken Sandwich		Chicken Parm Melt
PIZZA	Meatball	BBQ Chicken	Pepperoni	Cheese	White with Spinach & Tomato
DELI	Chicken Salad Sub	Italian Wrap	Roasted Veggie Wrap	Sunbutter & Jelly Turkey & Cheddar	Ham & Cheese Wrap
SALAD	Strawberry Parfait Chef Salad WG Dinner Roll or Biscuit	Strawberry Parfait Chicken Baja Salad WG Dinner Roll or Biscuit	Strawberry Parfait Mediterranean Chicken & Hummus Salad WG Dinner Roll or Biscuit	Garden Salad Garden Salad with Chicken WG Dinner Roll or Biscuit	Strawberry Parfait Chicken Caesar Salad WG Dinner Roll or Biscuit



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**aramark**  
STUDENT  
NUTRITION

Available Everyday:

**GRILL:** Hamburger, Cheeseburger, Veggie Burger

**PIZZA:** Cheese

**DELI:** Sunbutter & Jelly, Turkey & Cheddar Sandwich

**SALAD:** Garden Salad with & without chicken

Student Lunch: \$3.25

Adult Lunch: \$4.00

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

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# September 2023

## MIDDLE SCHOOL LUNCH MENU

October 23 – October 27

Powering  
potential.

	MON	TUES	WED	THURS	FRI
ENTREE	BBQ Pulled Pork Sandwich Corn on the Cob	Chicken Nachos Kickin' Pinto Bean	Spaghetti & Meatballs Garlic Bread Broccoli	Beef & Rice Taco Bowl Roasted Zucchini	Mini Cinnamon French Toast Turkey Sausage Sweet Potato
GRILL	Cheese Quesadilla	Grilled Cheese Sandwich	Chicken Patty Sandwich	Bean & Cheese Quesadilla	Meatball Grinder
PIZZA	Pepperoni	BBQ Chicken & Ranch	Meatlovers	Hawaiian	Vegetable Pesto
DELI	Italian Sub	Tuna Salad Wrap	Ham & Cheese Sub	Veggie & Hummus Wrap	Chicken Caesar Wrap
SALAD	Fruit, Yogurt & Cottage Cheese Plate Cobb Salad WG Dinner Roll or Biscuit	Fruit, Yogurt & Cottage Cheese Plate Veggie Baja Salad WG Dinner Roll or Biscuit	Fruit, Yogurt & Cottage Cheese Plate Chicken Caesar Salad WG Dinner Roll or Biscuit	Fruit, Yogurt & Cottage Cheese Plate Apple Cheddar Salad WG Dinner Roll or Biscuit	Fruit, Yogurt & Cottage Cheese Plate Greek Salad WG Dinner Roll or Biscuit



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Available Everyday:

**GRILL:** Hamburger, Cheeseburger, Veggie Burger

**PIZZA:** Cheese

**DELI:** Sunbutter & Jelly, Turkey & Cheddar Sandwich

**SALAD:** Garden Salad with & without chicken

Student Lunch: \$3.25

Adult Lunch: \$4.00

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

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# September 2023

## MIDDLE SCHOOL LUNCH MENU

October 30 – November 2

Powering  
potential.

ENTREE

GRILL

PIZZA

DELI

SALAD

	MON	TUES	WED	THURS	FRI
ENTREE	Pasta with Marinara or Meatsauce Garlic Bread Roasted Carrots	Chicken Soft Tacos BBQ Black Beans	Cheddar Baked Potato Cornbread Steamed Broccoli	Chicken Tenders with Brown Rice & Thai Sate Sauce Snow Peas	Mini Blueberry Waffles Turkey Sausage Tator Tots
GRILL	BBQ Chicken Sandwich	Pizza Burger	Meatball Grinder	California Chicken Sandwich	BBQ Chicken Tender & Cheddar Melt
PIZZA	Taco Pizza	Pepperoni	Cheeseburger	Veggie Pesto	Meatlovers
DELI	Chicken Salad Sub	Italian Wrap	Veggie Wrap	Chicken Caesar Wrap	Four Cheese Sub
SALAD	Peach Parfait Veggie Baja Salad WG Dinner Roll or Biscuit	Peach Parfait Ranch Chicken Salad WG Dinner Roll or Biscuit	Peach Parfait Chicken Caesar Salad WG Dinner Roll or Biscuit	Peach Parfait Fajita Nacho Salad WG Dinner Roll or Biscuit	Peach Parfait Hard Boiled Egg Chef Salad WG Dinner Roll or Biscuit



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**aramark**  
STUDENT  
NUTRITION

### Available Everyday

**GRILL:** Hamburger, Cheeseburger, Veggie Burger

**PIZZA:** Cheese

**DELI:** Sunbutter & Jelly, Turkey & Cheddar Sandwich

**SALAD:** Garden Salad with & without chicken

Student Lunch: \$3.25

Adult Lunch: \$4.00

All Lunches Must  
Include Choice of:  
Fruits and/or  
Vegetable  
And May Include:  
1% Low-Fat OR Skim  
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