



October 2023

MIDDLE SCHOOL LUNCH MENU

October 2 – October 6

Powering	
potential	

ENTREE

GRILL

PIZZA

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

DELI

SALAD

Menus are subject to change.

This institution is an equal opportunity providers

WG Dinner Roll or Biscuit



Available Everyday:

GRILL: Hamburger, Cheeseburger, Veggie Burger

PIZZA: Cheese

WG Dinner Roll or Biscuit

<u>DELI:</u> Sunbutter & Jelly, Turkey & Cheddar Sandwich

SALAD: Garden Salad with & without chicken

Student Lunch: \$3.25

Adult Lunch: \$4.00

WG Dinner Roll or Biscuit

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

WG Dinner Roll or Biscuit



WG Dinner Roll or Biscuit

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.

ENTREE

GRILL

PIZZA

DELI

SALAD

MON	TUES	WED	THURS	FRI
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
HAPPY COLUMBUS	Cheese Quesadilla	Meatball Pizza Sub	Cheese Stuffed Breadsticks	California Chicken Sandwich
DAY	White with Spinach	Pepperoni	Buffalo Chicken	Hawaiian
COLUMBUS DAY	Buffalo Chicken Wrap	Italian Sub	Asian Chicken Wrap	Turkey BLT
	Apple, Yogurt & Cheese	Apple, Yogurt & Cheese Stick	Apple, Yogurt & Cheese Stick	Apple Yogurt & Cheese Stick Hard Boiled Egg Chef
	Stick Greek Salad WG Dinner Roll or Biscuit	Chicken Caesar WG Dinner Roll or Biscuit	Fajita Nacho Salad WG Dinner Roll or Biscuit	Salad WG Dinner Roll or Biscuit



This institution is an equal opportunity providers



GRILL: Hamburger, Cheeseburger, Veggie Burger

PIZZA: Cheese

<u>DELI:</u> 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 16 – October 20

EARLY DISMISSAL

WG Dinner Roll or Biscuit

Powering potential.

ENTREE

GRILL

PIZZA

DELI

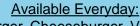
SALAD

MON	TUES	WED	THURS	FRI
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
BBQ Chicken Tender Melt	Egg & Cheese on a Bagel	BLT Ranch Chicken Sandwich		Chicken Parm Melt
Meatball	BBQ Chicken	Pepperoni	Cheese	White with Spinach & Tomato
Chicken Salad Sub	Italian Wrap	Roasted Veggie Wrap	Sunbutter & Jelly Turkey & Cheddar	Ham & Cheese Wrap
Strawberry Parfait Chef Salad	Strawberry Parfait Chicken Baja Salad	Strawberry Parfait Mediterranean Chicken & Hummus Salad	Garden Salad Garden Salad with Chicken	Strawberry Parfait Chicken Caesar Salad WG Dinner Roll or Biscuit

WG Dinner Roll or Biscuit

Menus are subject to change.

This institution is an equal opportunity providers



GRILL: Hamburger, Cheeseburger, Veggie Burger

PIZZA: Cheese

WG Dinner Roll or Biscuit

DELI: Sunbutter & Jelly, Turkey & Cheddar Sandwich SALAD: Garden Salad with & without chicken

Student Lunch: \$3.25

Adult Lunch: \$4.00

WG Dinner Roll or Biscuit

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



WG Dinner Roll or Biscuit

All Breads are whole grain & delivered fresh everyday

Chicken is whole muscle

Milk is hormone & antibiotic free





September 2023

MIDDLE SCHOOL LUNCH MENU

October 23 – October 27

Veggie & Hummus

Wrap

Fruit, Yogurt & Cottage

Cheese Plate

Apple Cheddar Salad

WG Dinner Roll or Biscuit

Powering
potential

ENTREE

GRILL

PIZZA

DELI

SALAD

MON	TUES	WED	THURS	FRI
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
Cheese Quesadilla	Grilled Cheese Sandwich	Chicken Patty Sandwich	Bean & Cheese Quesadilla	Meatball Grinder
Pepperoni	BBQ Chicken & Ranch	Meatlovers	Hawaiian	Vegetable Pesto

Ham & Cheese

Sub Fruit, Yogurt & Cottage

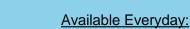
Cheese Plate

Chicken Caesar Salad

WG Dinner Roll or Biscuit

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This institution is an equal opportunity providers



GRILL: Hamburger, Cheeseburger, Veggie Burger

PIZZA: Cheese

Italian Sub

Fruit, Yogurt & Cottage

Cheese Plate

Cobb Salad

WG Dinner Roll or Biscuit

<u>DELI:</u> Sunbutter & Jelly, Turkey & Cheddar Sandwich **SALAD**: Garden Salad with & without chicken

Student Lunch: \$3.25

Adult Lunch: \$4.00

Tuna Salad

Wrap

Fruit, Yogurt &

Cottage Cheese Plate

Veggie Baja Salad

WG Dinner Roll or Biscuit

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



Chicken Caesar

Wrap

Fruit, Yogurt & Cottage

Cheese Plate

Greek Salad

WG Dinner Roll or Biscuit

All Breads are whole grain & delivered fresh everyday

Chicken is whole muscle

Milk is hormone & antibiotic free



Pasta with Marinara or

Meatsauce

Garlic Bread

Roasted Carrots

BBQ Chicken

Sandwich

Taco Pizza

Chicken Salad

Peach Parfait

Veggie Baja Salad

WG Dinner Roll or Biscuit



September 2023

MIDDLE SCHOOL **LUNCH MENU**

FRI

Mini Blueberry Waffles

Turkey Sausage

Tator Tots

October 30 – November 2

Powering
potential

ENTREE

GRILL

PIZZA

DELI

SALAD

MON		TUES
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Chicken Soft Tacos **BBQ Black Beans**

Pizza Burger

Pepperoni

Sub Italian Wrap

> Ranch Chicken Salad WG Dinner Roll or Biscuit

Peach Parfait

WED

Cheddar Baked Potato Cornbread Steamed Broccoli

Meatball Grinder

Cheeseburger

Veggie Wrap

Peach Parfait Chicken Caesar Salad WG Dinner Roll or Biscuit

THURS

Chicken Tenders with Brown Rice & Thai Sate Sauce **Snow Peas**

Peach Parfait

Fajita Nacho Salad

WG Dinner Roll or Biscuit

BBQ Chicken Tender California Chicken & Cheddar Melt Sandwich

Veggie Pesto Meatlovers

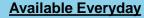
Four Cheese Chicken Caesar Sub Wrap

> Peach Parfait Hard Boiled Egg Chef Salad

WG Dinner Roll or Biscuit

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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