



October 2024

MIDDLE SCHOOL LUNCH MENU

September 30- October 4

Powering potential™

	MON	TUES	WED	THURS	FRI
ENTREE	Cheesy Baked Penne Garlic Breadsticks Streamed Broccoli	Chicken Nachos Mexi Rice Campfire Pinto Beans	Mini Waffles Turkey Sausage Sweet Potato Fries	SCHOOL CLOSED	BBQ Chicken Mashed Potatoes Dinner Roll Roasted Corn & Green Beans
GRILL	Honey Mustard Chicken Sandwich	Pizza Bagel	Meatball Grinder		Chicken Patty Sandwich
PIZZA		Buffalo Chicken		ROSH HASHANAH	
DELI		Chicken Caesar Wrap on WG Tortilla			
SALAD	Apple Cheddar Salad w/ WG Dinner Roll or Breadstick				

This institution is an equal opportunity provider.



Menus are subject to change.



Available Everyday:

GRILL: Hamburger, Cheeseburger, Grilled Cheese

PIZZA: Cheese

DELI: Sunbutter & Jelly, Turkey & Cheddar Sandwich

SALAD: Garden Salad with & without chicken, Greek Yogurt Parfait topped with fruit and granola

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

All Lunches must include a fruit and/or vegetable & may Include:
1% Low-Fat Milk OR Skim Chocolate Milk

All Breads are whole grain & delivered fresh everyday

~
Chicken is whole muscle

~
Milk is hormone & antibiotic free



October 2024

MIDDLE SCHOOL LUNCH MENU

October 7- October 11

EARLY DISMISSAL

Powering potential.

	MON	TUES	WED	THURS	FRI
ENTREE	Macaroni & Cheese Breadstick Steamed Broccoli	Crispy Beef Tacos Fiesta Rice Seasoned Black Beans	BBQ Chicken & Cheese Stuffed Baked Potato WG Dinner Roll Steamed Carrots	Sweet & Sour Popcorn Chicken Bowl Steamed Snow Peas	Mini Waffle Turkey Sausage Hash Brown Patty
GRILL	BBQ Cheddar Chicken Melt	Bean & Cheese Quesadilla	Turkey & Cheese Melt	Spicy Chicken Patty	
PIZZA	Meatball Pizza				EARLY
DELI	Ranch Chicken on WG Wrap				DISMISSAL
SALAD	Turkey & Egg Chef Salad w/ WG Dinner Roll or Breadstick				

Menus are subject to change.

This institution is an equal opportunity provider.



Available Everyday:

GRILL: Hamburger, Cheeseburger, Grilled Cheese

PIZZA: Cheese

DELI: Sunbutter & Jelly, Turkey & Cheddar Sandwich

SALAD: Garden Salad with & without chicken. Greek Yogurt Parfait topped with fruit and granola

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

All Lunches must include a fruit and/or vegetable & may Include:
1% Low-Fat Milk OR Skim Chocolate Milk

All Breads are whole grain & delivered fresh everyday

~
Chicken is whole muscle

~
Milk is hormone & antibiotic free



Penne Pasta
Meatballs & Marinara
Breadstick
Steamed Broccoli



October 2024 MIDDLE SCHOOL LUNCH MENU

October 14- October 18

Powering
potential.™

	MON	TUES	WED	THURS	FRI
ENTREE	NO SCHOOL	Beef Nachos Fiesta Rice Kickin' Pinto Beans	French Toast Turkey Sausage Sweet Potato Fries	BBQ Pulled Pork Sandwich Cornbread Baked French Fries	Honey Stung Chicken WG Brown Rice Steamed Green Beans & Broccoli
GRILL		Cheese stuffed Breadsticks w/ Marinara Dipping Sauce	Chipotle Ranch Burger	Egg & Cheese on a Biscuit	Honey Mustard Chicken Sandwich
PIZZA			Pepperoni Pizza		
DELI		Buffalo Chicken Wrap on WG Tortilla			
SALAD		Cobb Salad WG Dinner Roll or Breadstick			

Menus are subject to change.

This institution is an equal opportunity provider.



Available Everyday:

GRILL: Hamburger, Cheeseburger, Grilled Cheese

PIZZA: Cheese

DELI: Sunbutter & Jelly, Turkey & Cheddar Sandwich

SALAD: Garden Salad with & without chicken. Greek Yogurt Parfait topped with fruit and granola

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

All Lunches must include a fruit and/or vegetable & may Include:
1% Low-Fat Milk OR Skim Chocolate Milk

All Breads are whole grain & delivered fresh everyday

~
Chicken is whole muscle

~
Milk is hormone & antibiotic free



October 2024

MIDDLE SCHOOL LUNCH MENU

October 21 – October 25

Powering potential.

	MON	TUES	WED	THURS	FRI
ENTREE	Pasta with Marinara or Meatsauce Breadstick Broccoli	Chicken & Cheese Quesadilla Seasoned Black Beans & Brown Rice	Pancakes Turkey Sausage Hash Brown	Chicken Tenders Dinner Roll Roasted Carrots	Chicken Dumplings Veggie Fried Rice Steamed Snow Peas
GRILL	Pizza	BBQ Chicken & Cheese Melt	Chicken Patty Sandwich	Meatball Grinder	Bean & Cheese Quesadilla
PIZZA	BBQ Chicken				
DELI	Italian Combo on WG Club Roll				
SALAD	Baja Salad with WG Dinner Roll or Breadstick				

Menus are subject to change.

This institution is an equal opportunity provider.



Available Everyday:

GRILL: Hamburger, Cheeseburger, Grilled Cheese

PIZZA: Cheese

DELI: Sunbutter & Jelly, Turkey & Cheddar Sandwich

SALAD: Garden Salad with & without chicken. Greek Yogurt Parfait topped with fruit and granola

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

All Lunches must include a fruit and/or vegetable & may Include:
1% Low-Fat Milk OR Skim Chocolate Milk

All Breads are whole grain & delivered fresh everyday

~
Chicken is whole muscle

~
Milk is hormone & antibiotic free



October 2024

MIDDLE SCHOOL LUNCH MENU

October 28- November 1

Powering potential™

	MON	TUES	WED	THURS	FRI
ENTREE	Chicken Penne Alfredo Breadstick Broccoli	Beef & Cheese Quesadilla Fiesta Rice Salsa Pinto Beans	French Toast Sticks Turkey Sausage Sweet Potato Fries	BBQ Chicken Corn on the Cob Cornbread	Chicken & Waffles Green Beans
GRILL	Turkey & Cheese Melt	Spicy Chicken Patty	Cheese stuffed Breadsticks w/ Marinara Dipping Sauce	Chipotle Ranch Burger	Honey Mustard Chicken Sandwich
PIZZA	Garden Veggie Pizza				
DELI	Cranberry Chicken Salad Wrap on WG Tortilla				
SALAD	Chicken Caesar Salad w/ WG Dinner Roll or Breadstick				

Menus are subject to change.

This institution is an equal opportunity provider.



Available Everyday:

GRILL: Hamburger, Cheeseburger, Grilled Cheese

PIZZA: Cheese

DELI: Sunbutter & Jelly, Turkey & Cheddar Sandwich

SALAD: Garden Salad with & without chicken. Greek Yogurt Parfait topped with fruit and granola

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

All Lunches must include a fruit and/or vegetable & may Include:
1% Low-Fat Milk OR Skim Chocolate Milk

All Breads are whole grain & delivered fresh everyday

~
Chicken is whole muscle

~
Milk is hormone & antibiotic free