

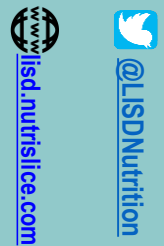


Middle School Lunch Menu

OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Crispitos with Cheese All-American Cobb Salad P Ranch Chicken Wrap	2 Build-Your-Own Stuffed Potato Kickin' Bean Nacho Salad V Turkey & Cheese Sub	3 Chicken Penne Alfredo Italian Salad P Turkey Caesar Wrap	4 Ham & Cheese Pretzel Melt P Chicken Chef Salad Italian Sub P
7 Chicken Tacos al Pastor V Backyard BBQ Pulled Pork Sandwich P Popcorn Chicken Salad Turkey & Cheese Sandwich	8 Chicken Tacos al Pastor V Beef Nachos Ham & Cheese Salad P Chicken Salad Wrap	9 Chicken Tacos al Pastor V Chicken Fried Rice Chicken Nacho Salad All-American Sub	10 Chicken Tacos al Pastor V Mac & Cheese V Chicken Caesar Salad Italian Wrap P	11 Early Release Day
14 No School	15 Beef Nachos All-American Cobb Salad P Ranch Chicken Wrap	16 Baked Potato with Cheese and Bacon P Beef Taco Salad Italian Sub P	17 Spaghetti & Meatballs Chicken Caesar Salad Ham, Turkey & Cheese Wrap P	18 Chicken or Bean V Tacos Egg Chef Salad Turkey & Cheese Sub
21 BREAKFAST FOR LUNCH Spicy Maple Chicken & Waffles Sandwich Buffalo Chicken Salad Turkey & Cheese Sandwich	22 Crispitos with Cheese Turkey & Cheese Salad Chicken Caesar Wrap	23 Country Popcorn Chicken Bowl Kickin' Bean Nacho Salad V Ham & Cheese Sub P	24 Cheesy Baked Penne Italian Salad P Southwest Turkey Wrap	25 Homemade Meatloaf Ham Chef Salad P All-American Sub P
28 Chicken Drumstick with Biscuit Mediterranean Salad V Sunbutter & Jelly Sandwich V	29 Beef Nachos Chicken & Cheese Salad Honey Mustard Chicken Wrap	30 Sweet & Sour Chicken with Broccoli & Rice Beef Nacho Salad All-American Sub P	31 Rotini with Meat Sauce Chicken Caesar Salad Veggie & Hummus Wrap V <i>Halloween Dessert</i>	

STAY UP TO DATE



Offered Weekly:

Mon/Wed/Fri: Cheeseburger, Chicken Sandwich, Popcorn Chicken, Pizza Sticks **V**, Pepperoni Pizza **P**

Tues/Thurs: Hamburger, Spicy Chicken Sandwich, Chicken Tenders, Beef Fingers, Specialty Pizza

Daily: Cheese Pizza **V**, Sunbutter & Jelly Sandwich **V**

All meals offered with a choice of fruit and choice of milk (1% white and skim chocolate)

*Menu subject to change

V Denotes vegetarian item **P** Denotes pork item

