

## TRADITIONAL MIDDLE MENUS – OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">10-2</p> <p>Pizza Bagel</p> <p>Chicken Sandwich OR Salisbury Steak w/Gravy &amp; Roll Mashed Potatoes Savory Carrots Seasonal Fresh Fruit</p> <p>Optional: Chef Salad w/Roll</p>	<p style="text-align: right;">10-3</p> <p>Super Donut</p> <p>Beef &amp; Cheese Nachos OR Cheese Nachos OR Fruit &amp; Yogurt Parfait w/Granola &amp; Graham Crackers</p> <p>Pinto Beans Seasoned Corn Salsa Chilled Peaches</p>	<p style="text-align: right;">10-4</p> <p style="text-align: center;"><u>WALK TO SCHOOL DAY</u></p> <p>Breakfast Taco, Sausage, Egg &amp; Cheese</p> <p>Beef Fiestada OR Cheese Lasagna w/Garlic Bread OR Deli Lunch Pack Spinach &amp; Tomato Salad Mixed Vegetables Chilled Strawberries Fresh Baked Cookie</p>	<p style="text-align: right;">10-5</p> <p>Pancake Minis</p> <p>Popcorn Chicken w/Roll OR Rib B Q On Bun Sweet Potato Chunks Broccoli w/Cheese Chilled Applesauce</p> <p>Optional: Manager's Choice Lunch Pack</p>	<p style="text-align: right;">10-6</p> <p>Breakfast Bites</p> <p>Fish Nuggets w/Hushpuppies OR Buffalo Chicken Flatbread Green Beans Seasoned Squash Chilled Pears</p> <p>Optional: Wowbutter Sandwich w/String Cheese</p>
<p style="text-align: right;">10-9</p> <p>Belgian Waffle</p> <p>Chicken Nuggets w/Roll OR Italian Grilled Cheese w/Marinara Sauce Fresh Veggies w/Dip Seasoned Peas Chilled Mandarin Oranges</p> <p>Optional: Chef Salad w/Roll</p>	<p style="text-align: right;">10-10</p> <p>Pancake/Sausage On Stick</p> <p>Pizzeria Pepperoni Pizza OR Cheese Pizza OR Southwest Chicken Salad w/Chips Glazed Carrots Seasoned Broccoli Chilled Flavored Applesauce</p> <p style="text-align: center;">NATIONAL</p>	<p style="text-align: right;">10-11</p> <p>Sweet Bread Variety</p> <p>Fish Sandwich OR Beefy Taco w/Cheese OR Deli Lunch pack Mexican Rice Fiesta Black Beans Lettuce &amp; Salsa Seasonal Fresh Fruit</p> <p style="text-align: center;">SCHOOL LUNCH</p>	<p style="text-align: right;">10-12</p> <p>Sausage Biscuit</p> <p>Teriyaki Chicken w/Rice OR Cheeseburger On Bun California Blend Stir Fry Seasoned Corn Chilled Peaches</p> <p>Optional: Deli Sandwich/Wrap</p> <p style="text-align: center;">WEEK</p>	<p style="text-align: right;">10-13</p> <p>School Spirit Ring</p> <p>Beef Hot Dog On Bun OR BBQ Sandwich OR Yogurt Lunch Pack French Fries Coleslaw BBQ Baked Beans Seasonal Fresh Fruit</p> <p style="text-align: center;">CANCER AWARENESS</p>
<p style="text-align: right;">10-16</p> <p>Chicken Biscuit</p> <p>Cheese Dunkers w/Marinara Sauce OR Chicken Fajita OR Deli Lunch Pack Spinach and Tomato Salad Seasoned Peas and Carrots Chilled Peaches</p>	<p style="text-align: right;">10-17</p> <p>Fruit Frudel</p> <p>Corn Dog Nuggets OR Taco Salad w/Chips Pinto Beans Seasoned Corn Seasonal Fresh Fruit</p> <p>Optional: Wowbutter Sandwich w/String Cheese</p>	<p style="text-align: right;">10-18</p> <p>Breakfast Pizza</p> <p>Pork Chop Sandwich OR Spaghetti w/Garlic Bread Yogurt Lunch Pack Green Beans Sweet Potato Fries Farm Fresh Apples</p>	<p style="text-align: right;">10-19</p> <p>Poptart w/String Cheese</p> <p>Chicken Tenders w/Waffles OR Meatball Sub Seasoned Broccoli Mixed Vegetables Baked Pears</p> <p>Optional: Manager's Choice Lunch Pack</p>	<p style="text-align: right;">10-20</p> <p>French Toast Sticks</p> <p>Hamburger On Bun OR Fiesta Chicken &amp; Cheese Potato w/Roll OR California Blend Seasoned Squash Sourlicious Raisins</p> <p>Optional: Deli Sandwich</p>
<p style="text-align: right;">10-23</p> <p>Pizza Bagel</p> <p>Chicken Sandwich OR Salisbury Steak w/Gravy &amp; Roll Mashed Potatoes Savory Carrots Seasonal Fresh Fruit</p> <p>Optional: Chef Salad w/Roll</p>	<p style="text-align: right;">10-24</p> <p>Super Donut</p> <p>Beef &amp; Cheese Nachos OR Cheese Nachos OR Fruit &amp; Yogurt Parfait w/Granola &amp; Graham Crackers</p> <p>Pinto Beans Seasoned Corn Salsa Chilled Peaches</p>	<p style="text-align: right;">10-25</p> <p>Breakfast Taco, Sausage, Egg &amp; Cheese</p> <p>Beef Fiestada OR Cheese Lasagna w/Garlic Bread OR Deli Lunch Pack Spinach &amp; Tomato Salad Mixed Vegetables Chilled Strawberries Fresh Baked Cookie</p>	<p style="text-align: right;">10-26</p> <p>Pancake Minis</p> <p>Popcorn Chicken w/Roll OR Rib B Q On Bun Sweet Potato Chunks Broccoli w/Cheese Chilled Applesauce</p> <p>Optional: Manager's Choice Lunch Pack</p>	<p style="text-align: right;">10-27</p> <p>Breakfast Bites</p> <p>Fish Nuggets w/Hushpuppies OR Buffalo Chicken Flatbread Green Beans Seasoned Squash Chilled Pears</p> <p>Optional: Ham Croissant w/Cheez-It Crackers</p>
<p style="text-align: right;">10-30</p> <p>NO SCHOOL</p>	<p style="text-align: right;">10-31</p> <p>Pancake/Sausage On Stick</p> <p>Chicken Nuggets w/Roll OR Italian Grilled Cheese w/Marinara Sauce Farm Fresh Sweet Potato Seasoned Peas Chillin' Bat Fruit Ice</p> <p>Optional: Chef Salad w/Roll</p>			

Cereal w/graham crackers are offered daily for breakfast

Muffins and yogurt w/graham crackers are offered as a choice for breakfast

Flavored and unflavored skim milk is available daily for breakfast and lunch

This institution is an equal opportunity provider