

Middle School REGULAR LUNCH MENU  
 USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

**MONDAY**

*Week of Oct 2<sup>nd</sup>*  
*Week 1*

Cheesy Hotdog on a bun  
 Veggie Chips  
 Baked Beans  
 Choice of fruit  
 Milk Choice

**TUESDAY**

Fiesta Pizza  
 Side Salad  
 Choice of fruit  
 Milk choice

**WEDNESDAY**

Chicken Tenders  
 Dinner roll w/butter  
 Green Beans  
 Choice of fruit  
 Milk choice

**THURSDAY**

Pork Fritter on a bun  
 Cole Slaw  
 Corn  
 Choice of fruit  
 Milk choice

**FRIDAY**

Nacho Cheese Bites  
 Pasta Salad  
 Side Salad  
 Choice of fruit  
 Milk Choice

**SALAD BAR**

*Week of Oct 9<sup>th</sup>*  
*Week 2*

French Toast Sticks  
 Sausage links  
 Hash browns  
 Choice of fruit  
 Milk Choice

Chicken Nuggets  
 Potatoes  
 Peas and Carrots  
 Choice of fruit  
 Milk choice

Ham or Turkey Sub  
 Bag of chips  
 Veggie and dip  
 Choice of fruit  
 Milk choice

Chicken Patty on a bun  
 Green Beans  
 Applesauce  
 Milk choice

Pizza  
 Side Salad  
 Broccoli  
 Choice of fruit  
 Milk Choice

**SALAD BAR**

*Week of Oct 16<sup>th</sup>*  
*Week 3*

Mac and Cheese  
 Biscuit w/jelly  
 Carrot and Peas  
 Choice of fruit  
 Milk Choice

Lasagna Roll ups  
 Bread stick  
 Salad  
 Choice of fruit  
 Milk choice

Potato Bar  
 Corn Bread  
 Corn  
 Choice of fruit  
 Milk choice

Hamburger on a bun  
 Green Beans  
 Choice of fruit  
 Milk choice

Quesadilla  
 Garlic Bread  
 Carrots  
 Choice of fruit  
 Milk Choice

**SALAD BAR**

*Week of Oct 23<sup>rd</sup>*  
*Week 4*

Cheese Sticks w/  
 Marinara Sauce  
 Corn  
 Choice of fruit  
 Milk Choice

Walking Tacos  
 Green Beans  
 Choice of fruit  
 Milk choice

Stromboli  
 Corn  
 Choice of fruit  
 Milk choice

Big Daddy Pizza  
 Corn  
 Choice of fruit  
 Milk choice

**NO SCHOOL**

**NO SALAD BAR**

*Week of Oct 30<sup>th</sup>*  
*Week 5*

Fish Sandwich  
 French Fries  
 Yellow Beans  
 Milk Choice

Chicken Nuggets  
 Mashed Potatoes  
 Corn  
 Choice of fruit  
 Milk choice

SOME RECIPES MAY INCLUDE GROUND TURKEY  
 SKIM CHOCOLATE OR WHITE MILK IS PROVIDED DAILY  
 ALL SANDWICHES ARE SERVED ON A 2 OZ. MULTIGRAIN HAMB. BUN OR 2 OZ HOT DOG BUN. COLD