



Middle SCHOOL LUNCH MENU ~ September - October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 HAPPY LABOR DAY	<p>4 Peanut Butter and Jelly Sandwich Fresh fruit salad & apple Carrot & celery sticks sun chips & yogurt cup Milk choice</p>	<p>5 Build your own sack lunch Ham or Turkey sub lettuce, tomatoes, cheese veggie chips grapes & fruit pouch cookie Milk Choice</p>	<p>6 Ravioli WG breadstick apricots & pears sugar peas & roasted Cauliflower Milk Choice</p>	<p>7 WG Pizza Pineapple rings & Mixed fruit side salad & Mixed Vegetable Milk Choice</p> <div style="text-align: center;">  </div>
<p>10 Chicken Patty on WG bun w/ cheese slice fruit cocktail & pineapple broccoli salad & sautéed asparagus Milk Choice</p>	<p>11 Mini Corn Dogs carrots & peas Applesauce & Strawberries goldfish crackers Milk choice</p>	<p>12 Pulled BBQ Pork on WG sub bun sweet potato tots & pickles pears & kiwi Milk Choice</p>	<p>13 WG chicken Nuggets green beans & beets Mandarin Oranges & Grapes Milk Choice</p>	<p>14 spaghetti peas & yellow zucchini Peaches & mixed fruit WG breadstick Milk Choice</p>
<p>17 hamburger on WG bun w/ cheese slice grapes & Peaches corn on the cob & broccoli Milk Choice</p>	<p>18 WG French toast sticks sausage links hash brown patty & roasted sweet potatoes Applesauce & orange juice Milk choice</p>	<p>19 Fish Sticks coleslaw & Mixed Veggies yogurt cup clementine & banana Birthday Party Treat Milk Choice</p>	<p>20 Quesadilla tortilla chips salsa Roasted Cauliflower peaches & banana Milk Choice</p>	<p>21 Home-coming tailgate lunch Brat or Hot dog carrot sticks or pasta salad Cardinal fruit salad & Red apple Cardinal treat Milk choice</p>
<p>24 WG chicken tenders mandarin oranges & pears carrots & roasted Brussels sprouts milk choice</p>	<p>25 Beef Tacos (soft shell or Fritos) lettuce, cheese, tomatoes guacamole & salsa apples & mangos Milk Choice</p>	<p>26 Macaroni and cheese Melon & pineapple green beans & beets zucchini bread milk choice</p>	<p>27 Salisbury Steak peaches & applesauce roasted butternut squash & mashed potatoes and gravy WG dinner roll Milk Choice</p>	<p>28 Cheese filled Breadsticks with marinara sauce mixed vegetable & corn grapefruit or Mixed fruit yogurt cup Milk Choice</p>
<p>1 Cheese Pizza spinach salad & yellow beans melon & peaches milk choice</p>	<p>2 orange chicken bowl w/ rice oriental veggie blend & sautéed cabbage pineapple & apricots fortune cookie milk choice</p>	<p>3 chicken alfredo pasta broccoli & peas mandarin oranges & plums WG garlic bread Milk choice</p>	<p>4 Hot ham and cheese sandwich French fries & pickles frozen fruit pouch & applesauce milk choice</p>	<p>5 smothered chicken wrap sweet potatoes & carrots cranberries & mixed fruit milk choice</p>

Milk Choices Includes: 1%White, Skim White, Skim Chocolate. Menu Subject to Change Due to Food Availability. Daily Additional offerings: PB&J sandwich, String cheese, fruit cup, or juice box
This institution is an equal opportunity provider