

October

2018 Middle School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Apple Frudel	2 Mini Pancakes	3 Bacon Breakfast Boat	4 Pancake/Sausage on a Stick	5 NO SCHOOL
Pulled Pork Bar-B-Q Whole Grain Roll Green Beans Sweet Potato Puffs Choice of Fruit and Milk	Chicken Fries with Whole Grain Roll Onion Rings Glazed Carrots Choice of Fruit and Milk	Cheeseburger on Whole Grain Roll Lettuce, Tomato, Onion, Pickles Oven Fries Baked Beans Choice of Fruit and Milk	Pizza Cheese Crunchers Tossed Salad Fresh Broccoli Choice of Fruit Choice of Milk	Weather Make Up Day
8 NO SCHOOL	9 Mini Waffles	10 Breakfast Wrap	11 Mini French Toast	12 Blueberry Pancakes
 Columbus Day	French Toast Sticks w Syrup Sausage Patty Hash Brown Carrot Sticks 100% Fruit Juice and Milk	Popcorn Chicken Bowl with Whole Grain Roll Mashed Potatoes Corn Choice of Fruit and Milk	Hot Ham & Cheese on Pretzel Roll Sweet Potato Fries Veggies & Dip Choice of Fruit and Milk	Stuffed Crust Pizza Tossed Salad Chick Peas Whole Grain Cookie Choice of Fruit and Milk
15 Chocolate Chip French Toast	16 Breakfast Pizza	17 Strawberry Parfait	18 Breakfast Sandwich	19 Pancake/Sausage in a Stick
Chicken Wings Whole Grain Roll Glazed Carrots Tater Tots Choice of Fruit and Milk	Macaroni & Cheese with Soft Pretzel Rod Stewed Tomatoes Steamed Broccoli Choice of Fruit and Milk	Taco with Meat & Cheese Brown Rice Lettuce, Tomato, Salsa Refried Beans Choice of Fruit and Milk	Cheese Calzone Garden Salad Carrot Sticks Whole Grain Cookie Choice of Fruit and Milk	Chicken Nuggets Whole Grain Roll Seasoned Curly Fries Mixed Vegetables Choice of Fruit and Milk
22 Mini Cinnis	23 Mini French Toast	24 Mini Pancakes	25 Breakfast Wrap	26 Mini Waffles
General Tso Chicken Brown Rice Steamed Broccoli Carrot Sticks Choice of Fruit and Milk	Pancakes w/ Syrup Sausage Links Hash Brown Celery Sticks 100% Fruit Juice and Milk	Turkey and Cheese Deli Sandwich Lettuce, Tomato, Onion, Pickle Sweet Potato Puffs Green Beans Choice of Fruit and Milk	Cheese Steak Sub on Whole Grain Roll Oven Fries Baked Beans Choice of Fruit and Milk	Mickey's Pizza Tossed Salad Chick Peas Whole Grain Cookie Choice of Fruit and Milk
29 Apple Frudel	30 Bacon Breakfast Boat	31 Strawberry Bagel		
Meatball Hoagie on Whole Grain Roll Baked Beans Potato Rounds Choice of Fruit and Milk	Homemade Grilled Cheese on Whole Grain Bread Tomato Soup with Crackers Fresh Broccoli Choice of Fruit and Milk	Traveling Taco Lettuce, Tomato, Salsa Sweet Corn Choice of Fruit Choice of Milk		

Alt. Pizza Sticks

Alt. Yogurt w/ Nature Valley Graham Crackers

Alt. Hot dog on Whole Grain Roll

Alt. Chicken Patty On Whole Grain Roll

Alt. Fish Sticks with Whole Grain Roll

Choice of 1% White, non fat Chocolate, Strawberry and White Milk served with lunch every day

Peanut Butter & Jelly Sandwich is offered daily as the third entrée choice

Menu subject to change without notice

Student Breakfast \$1.40

Student Lunch \$2.50

Milk \$.50



To check your child's lunch account or to prepay for meals, visit www.k12paymentcenter.com



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