

October

2019 Middle School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Mini Pancakes	2 Turkey Bacon Breakfast Boat	3 Pancake/Sausage on a Stick	4 Breakfast Sandwich
	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	Wild Mike's Personal Pizza Tossed Salad Fresh Broccoli Choice of Fruit Choice of Milk	Traveling Taco Lettuce, Tomato, Salsa Sweet Corn Choice of Fruit Choice of Milk
7 Apple Frudel	8 Mini Waffles	9 Breakfast Wrap	10 Mini French Toast	11 NO SCHOOL
Corn Dog Nuggets Steamed Broccoli Baked Beans Choice of Fruit Choice of Milk	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	Weather Make Up Day
14 NO SCHOOL	15 Breakfast Pizza	16 Strawberry Parfait	17 Breakfast Sandwich	18 Pancake/Sausage in a Stick
 Columbus Day	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	Pizza Cheese Crunchers Garden Salad Carrot Sticks Choice of Fruit Choice of Milk	Chicken Nuggets Whole Grain Roll Seasoned Curly Fries Mixed Vegetables Choice of Fruit and Milk
21 Mini Cinnis	22 Mini French Toast	23 Mini Pancakes	24 Breakfast Wrap	25 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	Wild Mike's Pizza Tossed Salad Chick Peas Whole Grain Cookie Choice of Fruit and Milk
28 Apple Frudel	29 Bacon Breakfast Boat	30 Strawberry Bagel	31 Breakfast Sandwich	
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	Nacho Grande Meat & Cheese Sauce Lettuce, Tomato Salsa Sweet Corn Choice of Fruit and Milk	Solanco Sub Lettuce, Tomato, Onion, Pickle Carrot Sticks 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



"This institution is an equal opportunity provider"