

DAILY LUNCH ITEMS

GARDEN SALAD
 DELI SANDWICH
 GRAB N GO LUNCHES
 PIZZA (FRIDAY ONLY)

MILK OFFERED DAILY

low fat white, vanilla,
 chocolate, strawberry. &
 nonfat white

2024

OCTOBER

MIDDLE SCHOOL LUNCH MENU

What Makes a Lunch?
 Select 3-5 Components

One must be a
FRUIT OR **VEGGIE**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Lunch Price:
Free (CEP)

1 Hot Dog on WG Bun w/ Chili & Cheese
 Baked Beans
 Cucumber Tomato Salad
 Frozen Fruit Swirl or Fresh Fruit Choice
 Milk

2 Open Faced Hot Roast Beef on WG
 Bread
 French Fries
 Peas
 Mousse or Fresh Fruit Choice
 Milk

3 Cheese or Pepperoni Pizza
 Tossed Salad
 Corn
 Healthy Treat Bags
 Peaches or Fresh Fruit Choice
 Milk

4 Pierogies w/ Onion Butter Sauce
 Carrots
 Fresh Broccoli Florets w/ Ranch
 WG Pretzel Stick
 Pears or Fresh Fruit Choice
 Milk

7 Nacho Supreme
 w/ Lettuce, Cheese & Salsa
 Mex Rice
 Refried Beans
 Apple Slices or Fresh Fruit Choice
 Milk

8 Chicken Patty on WG Bun
 w/ Lettuce & Tomato
 Curly Fries
 Carrots
 Mandarin Oranges or Fresh Fruit Choice
 Milk

9 Mini Corn Dog
 WG Pasta Alfredo
 Broccoli Florets
 Cucumber Slices
 WG Cookie or Fresh Fruit Choice
 Milk

10 Chicken Fajita on WG Tortilla
 w/ Cheddar Cheese, Peppers & Onions
 Peas
 Corn & Black Bean Salad
 Pineapple Tidbits or Fresh Fruit Choice
 Milk

11 Penne Pasta w/ Meat Sauce
 Italian Blend
 Tossed Salad
 WG Garlic Toast
 Strawberry Cup or Fresh Fruit Choice
 Milk

14 NO SCHOOL

**PROFESSIONAL
 DEVELOPMENT DAY**

15 Teriyaki Chicken w/ Fried Rice
 Stir Fry Vegetables
 Egg Roll
 Fresh Pepper Stripes w/ Ranch
 Fruit Cocktail or Fresh Fruit Choice
 Milk

16 Cheeseburger on WG Bun
 W/ Lettuce & Tomato
 Crinkle Cut Fries
 Lentil Pasta Salad
 100% Fruit Punch or Fresh Fruit Choice
 Milk

17 Buffalo Chicken Dip w/
WG Tortilla Chips
 Celery Sticks w/ Ranch
 Peas
 Pears or Fresh Fruit Choice
 Milk

18 Gyro w/ Lettuce & Onion
 Greek Salad
 Sliced Carrots
 Applesauce or Fresh Fruit Choice
 Milk

21 WG Pancakes with Sausage
 Hashbrown Rounds
 Veggie Juice
 Warm Cinnamon Apple Slices or
 Fresh Fruit Choice
 Milk

22 BBQ Rib Patty on WG Bun
 Potato Pancakes
 Baked Beans
 Frozen Fruit Swirl or Fresh Fruit Choice
 Milk

23 Hot Turkey Sandwich
 Mashed Potatoes w/ Gravy
 Green Beans
 Pineapple Tidbits or Fresh Fruit Choice
 Milk

24 Cheese or Pepperoni Pizza
 Mixed Vegetable
 Fresh Broccoli w/ Ranch
 Healthy Treat Bags
 Applesauce or Fresh Fruit Choice
 Milk

25 Lasagna Roll Up
 Italian Green Beans
 Tossed Salad
 WG Bread Stick
 Fruit Cup or Fresh Fruit Choice
 Milk

28 Walking Taco w/ WG Tortilla Chips
 Lettuce, Cheese & Salsa
 Refried Beans
 Fresh Pepper Strips w/ Ranch
 Peaches or Fresh Fruit Choice
 Milk

29 Meatball Sandwich on WG Roll
 w/ Mozz Cheese
 Italian Blend
 Sliced Cucumbers
 Apple Slices or Fresh Fruit Choice
 Milk

30 Pork Chopette w/ Gravy
 Mashed Potatoes
 Peas
 WG Dinner Roll
 Gelatin or Fresh Fruit Choice
 Milk

31 Chicken Tenders
 Potato Wedges
 Coleslaw
 WG Biscuit
 Mandarin Oranges/Pineapple Cup
 or Fresh Fruit Choice

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