



# October 2017

## Middle School Lunch

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | <b>Special News...</b><br><br><b>Serve Daily:</b><br>Hamburger on Bun<br>Chicken Patty<br>Spicy Chicken Patty<br>Chicken Nuggets<br>Chicken Tenders<br>Cheese Pizza<br>Turkey Hot Dogs<br>Grilled Cheese<br>Sun-Butter & Jelly Sandwich<br><br><b>Grain Choice:</b><br>All Breads, Pastas, Rice, and Breading are Whole Grain.<br><br><b>Condiments Selection:</b><br>Ranch Dressing<br>Ketchup<br>Mayonnaise<br>Mustard<br>BBQ Sauce<br><br><b>Milk Choice:</b><br>Skim Milk<br>1% Milk<br><br><small>Menus are subject to change without notice.</small> |
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| <b>2</b><br>Meatloaf<br>Fruit Cheese Cube Salad<br>Turkey SDW<br>Sides:<br>French Fries<br>Fresh Tomatoes Wedges<br>Fresh Apple<br>Fresh Orange                            | <b>3</b><br>Chicken Popcorn Bowl<br>Tuna Platter Salad<br>Grilled Cheese SDW<br>Sides:<br>Fresh Steamed Squash<br>Fresh Slice Cucumber<br>Fresh Banana<br>Fresh Orange | <b>4</b><br>Cheese Pasta<br>T-Ham Cobb Salad<br>T-Ham SDW<br>Sides:<br>Fresh Roasted Squash<br>Celery Sticks<br>Fresh Apple<br>Fresh Cantaloupe                           | <b>5</b><br>Nachos<br>Chicken Diced Ranch Salad<br>Cheese Wrap<br>Sides:<br>Pinto Beans<br>Fresh Baby Carrots<br>Fresh Banana<br>Fresh Pear                         | <b>6</b><br>Chili Bowl<br>Greek Salad<br>Egg Salad SDW<br>Pepperoni Pizza<br>Sides:<br>Steamed Broccoli<br>Red Pepper Strips<br>Fresh Apple<br>Fresh Fruit Salad                         |  |
| <b>9</b><br>No School  | <b>10</b><br>No School   | <b>11</b><br>Oriental Popcorn Chicken W/ Rice<br>Romaine Salad<br>Tuna Salad SDW<br>Sides:<br>Sweet Potato Tater Bites<br>Fresh Squash<br>Fresh Apple<br>Fresh Cantaloupe | <b>12</b><br>Pasta Carbonara<br>Turkey Chef Salad<br>Cheese SDW<br>Sides:<br>Black Beans<br>Celery Sticks<br>Fresh Banana<br>Fresh Pear                             | <b>13</b><br>Chana Masala Veg Bean Soup w/ Yellow Rice<br>T-Ham Chef Salad<br>Pepperoni Pizza<br>Sides:<br>Steamed Broccoli<br>Creamy Coleslaw Salad<br>Fresh Apple<br>Fresh Fruit Salad |  |
| <b>16</b><br>Salisbury Steak w/ Pasta Noodles<br>Chicken Salad<br>Egg Salad SDW<br>Sides:<br>Roasted Brussels Spouts<br>Fresh Tomato Wedges<br>Fresh Apple<br>Fresh Orange | <b>17</b><br>Chicken Nugget country Bowl<br>Cobb Salad<br>Sides:<br>Roasted Carrots<br>Jicama Sticks<br>Fresh Banana<br>Fresh Orange                                   | <b>18</b><br>Chili Mac<br>Apple Salad<br>T-Ham SDW<br>Sides:<br>Steamed Squash<br>Celery Sticks<br>Fresh Apple<br>Fresh Cantaloupe  | <b>19</b><br>Roasted Turkey w/ Gravy & Stuffing<br>Chicken Popcorn Salad<br>Turkey SDW<br>Sides:<br>Pinto Beans<br>Fresh Baby Carrots<br>Fresh Banana<br>Fresh Pear | <b>20</b><br>Jambalaya Stew w/ Rice<br>Nacho Salad<br>Cheese Wrap<br>Pepperoni Pizza<br>Sides:<br>Steamed Broccoli<br>Fresh Cucumber Slices<br>Fresh Apple<br>Fresh Fruit Salad          |  |
| <b>23</b><br>Spaghetti w/ Meatballs<br>Taco Salad<br>Turkey SDW<br>Sides:<br>Tater Bites<br>Fresh Broccoli<br>Fresh Apple<br>Fresh Orange                                  | <b>24</b><br>Fish Sticks w/ Mac & Cheese<br>Turkey Chef Salad<br>Egg Salad SDW<br>Sides:<br>Green Beans<br>Red Pepper Strips<br>Fresh Banana<br>Fresh Orange           | <b>25</b><br>Breaded Drumsticks<br>Nacho Salad<br>T-Ham SDW<br>Sides:<br>Sweet Potato Fries<br>Fresh Squash<br>Fresh Apple<br>Fresh Cantaloupe                            | <b>26</b><br>Bean & Rice Tortilla Bowl<br>Popcorn Chicken Salad<br>Tuna Salad SDW<br>Sides:<br>Black Beans<br>Celery Sticks<br>Fresh Banana<br>Fresh Pear           | <b>27</b><br>Sweet & Sour Chicken<br>Tuna Salad<br>Egg Salad Wrap<br>Pepperoni Pizza<br>Sides:<br>Steamed Broccoli<br>Cucumber Salad<br>Fresh Apple<br>Fresh Fruit Salad                 |  |
| <b>30</b><br>Oven Roasted Drumsticks<br>Baja Salad<br>T-Ham SDW<br>Sides:<br>Mashed Potato<br>Fresh Broccoli<br>Fresh Apple<br>Fresh Orange                                | <b>31</b><br>Rotini Pasta w/ Sauce<br>Caesar Salad<br>Tuna Salad SDW<br>Sides:<br>Steamed Green Beans<br>Red Pepper Strips<br>Fresh Banana<br>Fresh Orange             |   |   |  |  |

**To make a meal, student must select at least 1 serving of fruit or vegetable.**

**A parent/guardian of any student with a food allergy should feel Free to contact the Food Service Director at: (708) 484-5773.**

