

# Middle School

# October

*Monthly Special:*  
**Buffalo Chicken  
Wrap**

## Daily Offerings Available to ALL Students:

Crispy Chicken Sandwich  
Spicy Chicken Sandwich  
Pepperoni/Cheese Pizza  
Hamburger/Cheeseburger  
Assorted Sandwiches  
& Salads  
Fruit & Grain Parfait  
Cheesy Bosco Sticks

### **All Options Include:**

1/2 cup Fruit  
3/4 cup Vegetable  
Choice of 1% Milk

### **Vegetable Choices:**

Carrot Sticks  
Celery Sticks / Cucumber  
Broccoli Bites / Salad  
Garbanzo Beans/Hummus

*BREAKFAST is served at  
ALL middle schools. Check  
your school for times!*

**LUNCH PRICE:**  
  
**FREE**

Monday	Tuesday	Wednesday	Thursday	Friday
29 <b>Chicken &amp; Waffles</b> Tater Tot Sliced Cucumber Syrup Cup	30 <b>Tangerine Chicken</b> w/ fortune cookie Fried Rice & Egg Roll Steamed Broccoli	1 <b>Chicken Popper Bowl</b> Mashed Potatoes w/ Corn & Gravy Dinner Roll	2 <b>Classic Jumbo Corn Dog</b> Baked Beans Spinach & Romaine Salad	3 <b>Chicken Tender Snack Wraps</b> Sweet Potato Fries Celery Sticks
<b>Create Line: Parfait Bar—yogurt, fruit, granola and toppings</b>				
6 <b>Eggo Choc-Chip French Toast</b> Turkey Sausage Patties Tater Tot Sliced Cucumber	7 <b>Sweet &amp; Sour Chicken</b> w/ fortune cookie Fried Rice & Egg Roll Steamed Broccoli	8 <b>Crispy Chicken Drumstick</b> Harvest Cheddar Sun Chips Waffle Fries Carrot Sticks	9 <b>Meatball Marinara Sub</b> Green Beans Spinach & Romaine	10 <b>BBQ Chicken Nachos</b> Salsa & Sour Cream Sweet Potato Fries Celery Sticks
<b>Create Line: Taco/Nacho Bar—walking taco , nachos or tacos with chicken or beef and toppings</b>				
13 <b>French Toast Sticks</b> Turkey Sausage Patties Tater Tot Sliced Cucumber Syrup Cup	14 <b>General Tso Chicken</b> w/ fortune cookie Fried Rice & Egg Roll Steamed Broccoli	15 	16 <b>Spicy Chicken Snack Wraps</b> Baked Beans Spinach & Romaine Salad	17 
<b>Create Line: Pasta Bar—noodles, marinara or alfredo, beef or chicken w/ broccoli or green beans</b>				
20 <b>Broccoli Cheddar Soup w/ Soft Pretzel</b> Spinach & Romaine Salad	21 <b>Tangerine Chicken</b> w/ fortune cookie Fried Rice & Egg Roll Steamed Broccoli	22 <b>BYO Burger Bar</b> Assorted Toppings Potato Fries Carrot Sticks	23 	24 
<b>Create Line: Taco/Nacho Bar—walking taco , nachos or tacos with chicken or beef and toppings</b>				
27 <b>Chicken &amp; Waffles</b> Tater Tot Sliced Cucumber Syrup Cup	28 <b>Sweet &amp; Sour Chicken</b> w/ fortune cookie Fried Rice & Egg Roll Steamed Broccoli	29 <b>Grilled Chicken &amp; Cheese Pretzel Melt</b> Potato Fries Sliced Cucumber	30 <b>Popcorn Chicken &amp; Three Cheese Mac &amp; Cheese</b> Spinach & Romaine Salad	31 <b>Oven Roasted Chicken Wings</b> Plain or Buffalo w/ Soft Pretzel Sweet Potato Fries Celery Sticks
<b>Create Line: Parfait Bar—yogurt, fruit, granola and toppings</b>				

This is an equal opportunity provider