

2024 OCTOBER

Middle School Menu

Free Meals for All Students

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Second Choice:

Monday: Popcorn Chicken
Tuesday: Beef Hot Dog
Wednesday: Cheeseburger
Thursday: Chicken Patty
Friday: Beef Hot Dog

1

Homemade Chicken and Cheese Quesadilla
Refried Beans w/ Scoops
Seasoned Corn
Fresh Fruit

2

Chicken Alfredo w/ Garlic Bread Stick
Tossed Salad w/ Dressing
Cherry Tomatoes w/ Dip
Assorted Fruit

3

Brunch for Lunch
French Toast Sticks w/ Syrup
Hash Brown Rounds
100% Vegetable Juice Cup
Fresh Fruit

4

Big Daddy Pizza

Tossed Salad w/ Dressing
Fresh Broccoli Bites w/ Dip
Fresh Fruit

7

Pulled Pork Sandwich

BBQ Baked Beans
Sweet Potato Wedges
Assorted Fruits

8

Turkey and Cheese Pretzel Melt
Baby Carrots w/ Dip
Smile Fries
Fresh Fruit
Mini Rice Krispy Treat

9

Cheese or Pepperoni Calzone w/ Sauce
Tossed Salad w/ Dressing
Green Pepper Strips w/ Dipping Sauce
Assorted Fruits

10

Shrimp Poppers w/ Breadstick

Potato Gems
Homemade Coleslaw
Fresh Fruit

11

½ Day
No Lunch

14

Indigenous Peoples Day
Columbus Day

15

Pizza Crunchers w/ Marinara Sauce

Tossed Salad w/ Dressing
Cucumber Slices
Fresh Fruit

16

Chicken & Waffles w/ Syrup

Hash Brown Rounds
100% Vegetable/Fruit Juice
Assorted Fruits

17

Deli Day
Turkey, Tuna or Ham Sub w/ Lettuce, Tomato, Pickle & Dorito's
Pasta Salad w/ Veggies
Baby Carrots w/ Dip
Fresh Fruit

18

French Bread Pizza

Tossed Salad w/ Dressing
Steamed Broccoli
Fresh Fruit

21

Mini Pizza Bagels

Tossed Salad w/ Dressing
Baby Carrots w/ Dip
Assorted Fruits

22

Orange Chicken over Whole Grain Fried Rice
Vegetable Egg Roll
Steamed Broccoli
Fresh Fruits

23

Soft Beef Taco w/ Lettuce, Cheese and Salsa

Refried Beans
Seasoned Corn
Assorted Fruits

24

Meatloaf Slice w/ Gravy & Breadstick

Mashed Potatoes
Seasoned Carrot Coins
Fresh Fruit

25

Assorted Homemade Pizza

Tossed Salad w/ Dressing
Fresh Broccoli Bites w/ Dip
Fresh Fruit

28

BBQ Rib Sandwich

Potato Gems
Baked Beans
Assorted Fruits

29

Chicken Parm. Sandwich

Tossed Salad w/ Dressing
Steamed Green Beans
Fresh Fruit
Halloween Ice Cream Treat

30

Toasted Cheese Sandwich

Tomato Soup w/ Goldfish Crackers
Baby Carrots w/ Dip
Assorted Fruits

31

½ Day
No Lunch

Available Daily:
PBJ UnCrustables, Pizza, Chef Salads and The Yogurt Meal.