

# October 2017

## Middle School



**School Information:** This institution is an equal opportunity provider.  
Menu subject to change.  
Daily: \$2.80  
Milk: .40 1% White, Skim White, Skim Chocolate



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

French Dip  
Fritos  
Crinkle Cut Carrots

2

### Tuesday

Personal Pan Pizza  
Garden Peas

3

### Wednesday

French Toast Sticks  
Omelet  
Tri Tators

4

### Thursday

Tacos  
Refried Beans  
Rice

5

### Friday

Grilled Cheese  
Tomato Soup  
Steamed Broccoli

6

Walking Tacos  
Salsa Cup  
Refried Beans  
Rice

9

Pizza – Wild Mike's  
Steamed Broccoli

10

Popcorn Chicken  
Ketchup and BBQ sauce  
Mashed Potatoes  
Corn  
Butter Buds

11

Hot Dog / Bun  
Ketchup  
Baked Beans  
Tator Tots

12

Sloppy Joe / Bun  
Fritos  
Crinkle Cut Carrots

13

Italian Flat Bread  
Marinara Sauce  
Garden Peas

16

Chicken Quesadilla  
Salsa Cup  
Refried Beans

17

Pulled Pork Sandwich  
Fritos  
Steamed Broccoli

18

Hamburger / Bun  
Baked French Fries  
Ketchup  
Buttered Corn

19

Spaghetti / Meatballs  
Green Beans  
Bread Sticks

20

No School

23

No School

24

Chicken Patty / Bun  
Tator Tots  
Green Beans

25

Gilardi Sticks  
Marinara Sauce  
Garden Peas

26

Rice Bowl  
Fortune Cookie

27

Cheese Raviolis  
Steamed Broccoli

30

Halloween Shaped Nugget  
Mashed Potatoes  
Buttered Corn

31

Alternate: boneless wings, breakfast bar, rice bowls, burger bar, boneless wings.  
Pizza Hut: Thursdays  
Salad Bar Served Daily

