

October 2018

Middle School

LUNCH



School Information: This institution is an equal opportunity provider.

Menus subject to change.

Daily: \$2.90

Milk: 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

1

Alternate Choice:
Rice Bowl
Burger Bar
Boneless Wings
Breakfast Bar
Rice Bowl

8

Chicken Pot Pie
Garlic Potatoes
Ice Cream Cup

15

Pizza Bagel
Fries
Baked Beans

22

Mini Cheese Raviolis
Steamed Broccoli
Garlic Bread

29

Personal Pizza
Green Beans

Tuesday

2

Sloppy Joe / Bun
Fritos
Coined Carrots

9

Popcorn Chicken
Mashed Potatoes
Buttered Corn

16

Chicken Patty / Bun
Tater Tots
Baked Beans

23

Nacho Grande
Refried Beans
Rice

30

French Dip / Roll
Fries
Coined Carrots

Wednesday

3

Fish Sticks
Fries
Green Beans
Dinner Roll

10

Pizza
Steamed Broccoli

17

Wild Mike's Bites
Marinara
Steamed Broccoli

24

Cheesy Garlic Flatbread
Marinara
Green Beans

31

Chicken Nuggets
Buttered Corn
Fries
Dinner Roll

Thursday

4

Baked Ziti
Breadstick
Steamed Broccoli

11

Hot Dog / Bun
Garden Peas
Tater Tots

18

Lasagna Rollup
Steamed Broccoli
Breadstick

25

No School

Friday

5

Rib Patty / Bun
Smiles
Baked Beans

12

Walking Tacos
Refried Beans
Rice

19

Mini Corn Dogs
Buttered Corn
Fries

26

No School

