



# MIDDLE SCHOOL LUNCH









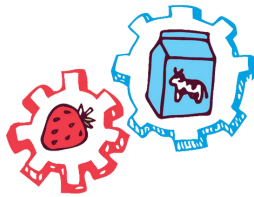



"Get Your Day in Gear with School Lunch"

October 10th-14th is National School Lunch week. We will be celebrating with students by offering foods & facts from different regions of the world!


Follow us on our nutrition adventure as we explore:

- Italy (10/11)
- Asia (10/12)
- Mexico (10/13)
- Canada (10/14)

Mon	Tues	Wed	Thurs	Fri
Chicken Sandwich 3 Cheeseburger Sandwich Salad Ranch Style Beans Sidewinder Fries Fruit of the Day	Corndog 4 Pizza Sweet Potato Fries Green Beans Fruit of the Day	Walking Taco 5 Soft Beef Taco Grahams Fiesta Salad Refried Beans Fruit of the Day	Buffalo Chicken Pasta 6 Bowl Chicken Tenders Dinner Roll Strawberry Field Salad Honey Roasted Carrots Fruit of the Day	<div>  </div> 7 <b>STUDENT HOLIDAY</b>
<div>  </div> 10 <b>HOLIDAY</b>	11 Pizza Chicken Spaghetti Garlic Bread Diced Carrots English Peas Fruit of the Day 	12 Orange Chicken Beef Noodle Bowl Grahams Strawberry Field Salad California Vegetables Fruit of the Day 	Nachos vs. Tachos Day 13 Nacho Supreme Tachos Spanish Rice Fiesta Salad Honey Roasted Carrots Banana Brownies Fruit of the Day 	14 Beef Poutine Fish & Chips Dinner Roll Baked Beans Corn Fruit of the Day 
17 Chicken Sandwich Spicy Chicken Sandwich Cheeseburger Sandwich Salad Baked Beans Oven Fries Fruit of the Day	18 Lasagna Pizza Garlic Bread California Vegetables Sweet Potato Fries Fruit of the Day	19 Chicken-n-Waffles Beef Taco Fiesta Salad Antigua Vegetables Fruit of the Day	20 Chicken Potato Bowl Beef Steak Fingers Dinner Roll Strawberry Field Salad Honey Roasted Carrots Fruit of the Day	21 Cheese Quesadilla Pizza Broccoli Corn Fruit of the Day
24 Pulled Pork Sandwich Cheeseburgers Sandwich Salad Jalapeno Pinto Beans Seasoned Wedge Fries Fruit of the Day	25 Cheese Pocket Bites Pizza Diced Carrots Monterrey Vegetables Fruit of the Day	26 Nacho Supreme Bean & Cheese Burrito Spanish Rice Fiesta Salad Peas & Carrots Fruit of the Day	27 Orange Chicken Teriyaki Dippers Rice Strawberry Field Salad Baby Carrots English Peas Fruit of the Day	28 Chicken Nuggets Pepperoni Pizza Dinner Roll Broccoli Mashed Potatoes Fruit or the Day
31 Chicken Sandwich Hamburger Sandwich Salad Ranch Style Beans Sidewinder Fries Fruit of the Day			<b>Menus Are Subject to Change</b>	

All lunch meals also include a choice of 1% White, Fat Free Chocolate, or Fat Free Strawberry Milk.

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