

Middle School

October

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

Breakfast & Lunch are FREE for all students!

Daily Offerings Available to ALL Students:

Crispy Chicken Sandwich
Spicy Chicken Sandwich
Pepperoni/Cheese Pizza
Hamburger/Cheeseburger
Assorted Subs & Salads
Fruit & Grain Parfaits
Taco/Nacho Bar




All Options Include:

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

Vegetable Choices:

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

Hello Families! If you're looking for extra cash and want to be home when your children are, consider employment within the Food & Nutrition Services Department.
Apply online today!

Monday	Tuesday	Wednesday	Thursday	Friday
30 French Toast Sticks Turkey Sausage Links Hashbrown Potatoes Carrot Sticks Syrup Cup	1 Sweet & Sour Chicken w/ fortune cookie Fried Rice Steamed Broccoli	2 Honey BBQ or Fire Sting Chicken Wings Waffle Cut Fries Celery Sticks Dinner Roll	3 Nacho Supreme Refried Beans Salsa/Sour Cream	4 Bosco Sticks Marinara Dipping Sauce Sliced Cucumbers & Carrots
7 Rodeo Burger Beef patty, cheese & BBQ sauce Baked Beans & Carrots Sticks	8 General Tso Chicken w/ fortune cookie Fried Rice Steamed Broccoli	9 Chicken Nuggets Potato Fries Celery Sticks Dinner Roll	10 Macaroni & Cheese Garlic Breadstick Spinach & Romaine Salad	11 Chicken Ranchero Wrap Sliced Cucumber & Carrots
14 Turkey & Cheese Pretzel Melt Baked Beans & Carrots Sticks	15 Tangerine Chicken w/ fortune cookie Fried Rice Steamed Broccoli	16 Mashed Potato & Chicken Bowl w/ Corn & Gravy Dinner Roll	17 Rotini Pasta & Meatballs Garlic Breadstick Spinach & Romaine Salad	18 
21 LC-Filet Chicken Sandwich Baked Beans & Carrot Sticks	22 Sweet & Sour Chicken w/ fortune cookie Fried Rice Steamed Broccoli	23 Two Crispy Chicken Drumsticks Waffle Cut Fries Celery Sticks Dinner Roll	24 	25 
28 French Toast Sticks Turkey Sausage Links Hashbrown Potatoes Carrot Sticks Syrup Cup	29 General Tso Chicken w/ fortune cookie Fried Rice Steamed Broccoli	30 Honey BBQ or Fire Sting Chicken Wings Waffle Cut Fries Celery Sticks Dinner Roll	31 Macaroni & Cheese Garlic Breadstick Spinach & Romaine Salad	1 Spicy Chicken Wrap Sliced Cucumber & Carrots