

2024

OCTOBER

Middle School Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Served Daily

Assorted Dressing

Variety of Fruit and Veggies

1% White Milk

FF Chocolate Milk

1

Pepperoni Pizza Slice
Chef Salad
Green Beans
Romaine
Fresh Cauliflower
Banana Peppers
Chilled Sliced Peaches
Apple

2

Country Fried Steak
Pepperoni Munchable
Dinner Roll w/Butter
Mashed Potatoes & Country Gravy
Romaine
Grape Tomatoes
Baby Carrots
Strawberries & Banana

3

Soft Shell Beef Taco / Salsa
Turkey Roll-Ups
Refried Beans
Chocolate Chip Cookie
Romaine
Diced Tomatoes, Onion & Jalapenos
Cucumber Coins
Pineapple Tidbits & Cantaloupe

4

Bosco Sticks
PBJ, Goldfish, String Cheese
Golden Sweet Corn
Marinara Sauce
Romaine
Baby Carrots & Sweet Red Peppers
Grapes
Cinnamon Applesauce

7

Hamburger with WG Bun
Blueberry Parfait
French Fries
Romaine
Fresh Cauliflower
Sliced Tomato, Dill Pickles & Onions
Chilled Sliced Pears
Apple

8

Lasagna Roll Ups
Chef Salad
Romaine
Cucumber Coins
Baby Carrots
Chilled Sliced Peaches
Fresh Kiwi Halves

9

Chicken Patty/WG Bun
Pepperoni Munchable
Steamed Peas
Romaine
Fresh Cauliflower
Sliced Tomato
Strawberries & Clementine

10

Super Nachos/Salsa
Black Beans
Turkey Roll-Ups
Romaine
Baby Carrots
Diced Tomatoes
Jalapenos & Red Onion
Strawberry Apple Crisps
Mandarin Oranges

11

Garlic Cheese Bread
PBJ, Goldfish, String Cheese
Golden Sweet Corn
Shredded Romaine
Fresh Broccoli
Grape Tomatoes
Pineapple Tidbits
Frozen Juice Cups

14

Meatball Sub
Strawberry Parfait
Green Beans
Romaine
Grape Tomatoes
Fresh Cauliflower
Orange & apple
Cookies BBQ Sauce

15

Corn Dog
Chef Salad
Cheesy California Veggies
Romaine
Baby Carrots
Cucumber Coins
Strawberries & Bananas
Pineapple Tidbits

16

Crispitos
Pepperoni Munchable
Cheese Sauce
Refried Beans
Romaine
Grape Tomatoes
Fresh Cauliflower
Strawberries & Kiwi

17

Chicken Drumstick
Turkey Roll-Ups
Mashed Potatoes
Country Gravy
Dinner Roll w/Butter
Romaine
Baby Carrots
Honeydew & Blueberries

18

Pizza Crunchers
PBJ, Goldfish, String Cheese
Marinara Sauce
Golden Sweet Corn
Romaine
Baby Carrots
Cucumber Coins
Clementine & Grapes

21

Grilled Cheese
Blueberry Parfait
Tomato Soup
Romaine
Fresh Broccoli
Cucumber Coins
Chilled Sliced Peaches
Apple

22

Charger Bowl
Corn
Chef Salad
Romaine
Sweet Red Peppers
Baby Carrots
Cinnamon Applesauce
Orange

23

Chicken Quesadilla
Black Beans
Sun Chips
Pepperoni Munchable
Romaine
Diced Tomatoes & Onions
Fresh Cauliflower
Strawberries & Pineapple

24

Scrambled Eggs
French Toast Sticks/Syrup
Turkey Roll-Ups
Romaine
Cucumber Coins
Sweet Yellow Peppers
Fresh Kiwi & Sunrise Fruit
Sunrise Fruit

25

No School

28

Walking Taco/Salsa
Strawberry Parfait
Refried Beans
Romaine
Diced Tomatoes
Red Onion & Jalapenos
Sweet Green Peppers
Kiwi Halves & Applesauce

29

Pepperoni Hot Pocket
Chef Salad
Crispy Potato Cubes
Romaine
Sweet Red Peppers
Cucumber Coins
Pineapple Tidbits
Blueberries

30

County Fair Beef Burger
Pepperoni Munchable
Steamed Peas
Baked BBQ Chips
Romaine
Red Onion & Dill Pickles
Baby Carrots
Orange & Banana

31

Orange Chicken
Turkey Roll-Ups
Seasoned Brown Rice
Stir Fry Veggies
Fortune Cookie
Romaine
Fresh Cauliflower & Baby Carrots
Mandarin Oranges & Grapes

Served When Needed

Ketchup, Mustard, Relish & Mayo