







# North District Middle School Lunch and Breakfast Menus

October 2017

<p>1% White Milk, Skim Milk and Flavored Fat-Free Milk offered daily.</p>  <p>Condiments offered as needed.</p> <p>Menu's subject to change due to product availability.</p>		<p><b>October is Breast Cancer Awareness Month</b></p> 	<p><b>October is Domestic Violence Awareness Month</b></p> 	<p><b>October is National Hispanic Heritage Month</b></p> 
<p><b>2 Manager's Choice</b> Popcorn Chicken Mashed Potatoes w/Gravy Green Beans, Wheat Roll Mixed Fruit, Juice <b>OR</b> Chef Salad w/Goldfish Crackers <b>BREAKFAST</b> Assorted Juice Cereal w/Graham Crackers <b>OR</b> Steak Biscuit Hash Brown Triangle</p>	<p><b>3</b> Grilled Chicken/Loaded Baked Potato/Green Beans <b>OR</b> Chef Salad w/Turkey Crackers/Granny Smith Apples <b>OR</b> Sliced Peach Cup <b>BREAKFAST</b> Assorted Juice/Breakfast Pizza <b>OR</b> Assorted Cereal/Graham Crackers</p>	<p><b>4</b> Macaroni and Cheese/Collard Greens/Wheat Roll/Fruit Cup <b>OR</b> Hot Ham &amp; Cheese Sandwich Baked Potato Chips/Fruit Cup Fresh Fruit <b>BREAKFAST</b> Assorted Juice/Chilled Fruit Cup/Scrambled Eggs/Buttered Toast <b>OR</b> Cereal &amp; Toast</p>	<p><b>5</b> Hamburger Steak w/Gravy Seasoned Rice/Hot WG Roll Sweet Potato Fries/ Carrot Sticks <b>OR</b> Chef Salads w/Turkey Crackers/Sidekicks OR Applesauce <b>BREAKFAST</b> Blueberry Muffin OR Assorted Cereal/Assorted Yogurt/Fruit Juice/Fruit Cup</p>	<p><b>6</b> Fish Fillet Sandwich/Hamburger PBJ/Potato Wedges/Coleslaw <b>OR</b> Chef Salad w/Ham Crackers/Sidekicks/Mix Fruit Cup <b>BREAKFAST</b> Hot Grits w/Sausage Links OR Toast/Assorted Cereal Fresh Fruit/Fruit Cup</p>
<p><b>9</b> Whole Wheat Pizza Garden Salad w/FF Ranch Mixed Vegetables/Cantaloupe Fruit cup <b>OR</b> Chef Salad w/FF Dressing <b>BREAKFAST</b> Fruit Juice Blend/Fresh Fruit Flavored Yogurt w/Graham Cracker &amp; Assorted Cereal <b>OR</b> Cinnamon Roll/Cheese stick</p>	<p><b>10</b> BBQ on Bun <b>OR</b> Deli Turkey Sandwich Baked French Fries Baked Beans/Coleslaw Cookie/Fruit Juice <b>BREAKFAST</b> Assorted Juice/Chilled Fruit Cup/Cereal w/Toast <b>OR</b> Grilled Cheese Toast</p>	<p><b>11</b> Chicken Alfredo w/ Broccoli Florets California Blend Vegetables Garlic Texas Toast <b>OR</b> Chef Salad w/Turkey WG Crackers Orange Wedges OR Mix Fruit Cup <b>BREAKFAST</b> Sausage Link/Scrambled Eggs <b>OR</b> WG Cereal Bars/Fruit Juice/Fruit Cup</p>	<p><b>12</b> Vegetable Soup w/Grilled Cheese Sandwich/Steamed Broccoli/Cookie Apple Wedges <b>OR</b> Chef Salad <b>BREAKFAST</b> Assorted Juice/Chilled Fruit Cup/Cereal w/Muffin <b>OR</b> Grits w/Sausage/Toast</p>	<p><b>13</b> Assorted Deli Sandwiches Sweet Potato Fries <b>OR</b> Chicken Salad w/Croissants Assorted WG Chips <b>OR</b> Chef Salad w/Ham Crackers/Red Grapes Sidekicks <b>BREAKFAST</b> Breakfast Pizza OR Cereal w/Graham Crackers Fruit Juice/Fruit Cup</p>
<p><b>16</b> Chicken Tenders/WW Roll Baked Fries/Green Lima Beans/Garden Salad Fruit cup <b>OR</b> Deli on WW Bun <b>BREAKFAST</b> Assorted Juice/Cantaloupes Pancakes w/Lite Syrup Sausage Patty <b>OR</b> Cereal w/Graham Crackers</p>	<p><b>17</b> Spaghetti w/Meat Sauce Toss Salad/WW Roll Green Beans Applesauce/Fruit Juice <b>OR</b> Chef Salad w/FF Dressing <b>BREAKFAST</b> Apple Juice/Fresh Fruit French Toast Sticks w/Lite Syrup/Baked Ham Slice <b>OR</b> Assorted Cereals &amp; Cheese Toast</p>	<p><b>18</b> Chicken Fajita Wrap w/Lettuce &amp; Salsa Baby Carrots/Celery FF Dressing Chilled Grapes <b>OR</b> Chef Salad w/FF Dressing <b>BREAKFAST</b> Assorted Juice/Banana Scrambled Eggs/Buttered Toast <b>OR</b> Cereal &amp; Toast</p>	<p><b>19</b> Beef Patty w/Mashed Potatoes &amp; Gravy Succotash/Steamed Broccoli Fruit Cup/Apple Wedges <b>OR</b> Beef Nuggets <b>BREAKFAST</b> Assorted Juice/Applesauce Cereal w/Muffin <b>OR</b> Blueberry Muffin</p>	<p><b>20</b> Macaroni and Cheese/Collard Greens/Wheat Roll/Fruit Cup <b>OR</b> Hot Ham &amp; Cheese Sandwich Baked Potato Chips/Fruit Cup Fresh Fruit <b>BREAKFAST</b> Assorted Juice/Chilled Fruit Cup/Scrambled Eggs/Buttered Toast <b>OR</b> Cereal &amp; Toast</p>
<p><b>23</b> Chicken Fillet on Bun Shredded Lettuce Baked Chips Chilled Applesauce <b>OR</b> Chef Salad w/FF Dressing Chilled Applesauce Goldfish Crackers <b>BREAKFAST</b> Assorted Juice Cereal w/Muffin <b>OR</b> Blueberry Muffin/Applesauce</p>	<p><b>24</b> Taco w/Meat Sauce Shredded Cheese/Lettuce Salsa/Sweet Peas Fresh Fruit/Fruit Cup <b>OR</b> Chef Salad w/FF Dressing <b>Breakfast:</b> Assorted Juice/Fresh Seasonal Fruit Pancakes w/Lite Syrup Scrambled Eggs <b>OR</b> Cereal w/Graham Crackers</p>	<p><b>25</b> BBQ on Bun <b>OR</b> Deli Turkey Sandwich Baked French Fries Baked Beans/Garden Salad Cookie/Fruit Juice <b>BREAKFAST</b> Assorted Juice/Chilled Fruit Cup/Cereal w/Toast <b>OR</b> Grilled Cheese Toast</p>	<p><b>26 HALF DAY Manager's Choice</b>  PB &amp; J Sandwich <b>OR</b> Ham and Cheese Sub Chips, Baby Carrots, Juice Pum <b>BREAKFAST</b> Juice, Fruit Honey Bun <b>OR</b> Cereal w/Goldfish Crackers</p>	<p><b>27</b> Hot Dog w/Chili Bowl Sweet Potato Fries Toss Salad <b>OR</b> Chef Salad w/Ham Crackers Fresh Peaches OR Mixed Fruit Cup <b>BREAKFAST</b> Breakfast Pizza <b>OR</b> Cereal/Toast/Assorted Yogurt Fruit Juice/Fruit Cup</p>
<p><b>30</b> Beef-A-Roni/Hot WG Rolls Mixed Veggies/Lima Beans <b>OR</b> Chef Salad w/Turkey Crackers Bananas OR Sliced Peach Cup <b>BREAKFAST</b> Assorted Muffins <b>OR</b> Cereal Bars/Cheese String Fruit Juice/Fruit Cup</p>	<p><b>31</b> Whole Wheat Pizza Garden Salad w/FF Ranch Mixed Vegetables/Orange Fruit Cup <b>OR</b> Chef Salad w/FF Dressing <b>Breakfast:</b> Fruit Juice Blend Fresh Fruit Flavored Yogurt w/Cinnamon toast <b>OR</b> Cereal w/Cinnamon Toast</p>		<p><b>Eat Smart and Be Active as You Grow</b></p> <p><b>Build strong bones. A good diet and regular physical activity can build strong bones throughout your life. Choose fat free or low fat milk, cheeses, and yogurt to get the vitamin D and calcium your growing bones need. Strengthen your bones three times a week doing activities such as running, gymnastics, and skating.</b></p> <p style="text-align: right;">USDA ChooseMyPlate.gov</p>	

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**National School Lunch Week**  
October 9-13, 2017

