

OCTOBER 2017

Middle School Lunch Menu

MONDAY

Lunch Entrée'-Choose one-

2

Corn Dog
Buffalo Chicken Flatbread
Pizza Variety
Sides-Choose one or more-
Breaded Okra
Cucumber Tomato Salad
Fruit / Juice Variety

Lunch Entrée'-Choose one-

9

Popcorn Smackers
Philly Cheese Steak Flatbread
Pizza Variety
Sides-Choose one or more-
Sweet Potato Bites
Green Beans
Fruit / Juice Variety
Oatmeal Raisin Cookie

Lunch Entrée'-Choose one-

16

Nachos w/Beef
Philly Cheese Steak
Flatbread
Pizza Variety
Sides-Choose one or more-
Fiesta Pintos
Steamed Broccoli
Fruit / Juice Variety

Lunch Entrée'-Choose one-

23

Popcorn Smackers
Honey Wheat Roll
Philly Cheese Steak
Sandwich
Pizza Variety
Sides-Choose one or more-
Blackeyed Peas
Seasoned Potato Bites
Fruit / Juice Variety

Lunch Entrée'-Choose one-

30

Corn Dog
Buffalo Chicken Flatbread
Pizza Variety
Sides-Choose one or more-
Baked Beans
Cole Slaw
Fruit / Juice Variety

TUESDAY

Lunch Entrée'-Choose one-

3

Cheeseburger Meatloaf
Honey Wheat Roll
Chicken Filet
Pizza Variety
Sides-Choose one or more-
Mashed Potatoes / Gravy
Garden Salad
Fruit / Juice Variety

Lunch Entrée'-Choose one-

10

Spicy Sichuan Chicken
Fried Rice Honey Wheat Roll
Cheeseburger Meatloaf on Bun
Pizza Variety
Sides-Choose one or more-
Seasoned Peas
Veggie Cup w/ Dip
Fruit / Juice Variety

Lunch Entrée'-Choose one-

17

Boneless Chicken Bites
Hot Dog on Bun
Pizza Variety
Sides-Choose one or more-
Green Beans
Sweet Potato Fries
Fruit / Juice Variety
Peach cobbler Biscuit

Lunch Entrée'-Choose one-

24

Chicken Pot Pie
Buffalo Chicken Flatbread
Pizza Variety
Sides-Choose one or more-
Steamed Broccoli
Garden Salad
Fruit / Juice Variety
Choc. Chip Cookie

Lunch Entrée'-Choose one-

31

Teriyaki Beef Dippers
Honey Wheat Roll
Chicken Filet
Pizza Variety
Sides-Choose one or more-
Mashed Potatoes / Gravy
Garden Salad
Fruit / Juice Variety

WEDNESDAY

Lunch Entrée'-Choose one-

4

Chicken Fajita Rice Bowl
Honey Wheat Roll
BBQ Sandwich
Pizza Variety
Sides-Choose one or more-
Green Beans
Sunbelievable Ice
Fruit / Juice Variety

Lunch Entrée'-Choose one-

11

Taco Salad
Chick Fillet on Bun
Pizza Variety
Sides-Choose one or more-
Seasoned Corn
Cucumber & Tomato Salad
Fruit / Juice Variety

Lunch Entrée'-Choose one-

18

Pasta w/ Meatsauce /
Garlic Toast
BBQ Sandwich
Pizza Variety
Sides-Choose one or more-
Garden Salad
Seasoned Corn
Fruit / Juice Variety

Lunch Entrée'-Choose one-

25

Pancakes & Sausage
Ham & Cheese Melt
Pizza Variety
Sides-Choose one or more-
Sweet Potato Puffs
Cucumber & Tomato Salad
Fruit / Juice Variety

THURSDAY

Lunch Entrée'-Choose one-

5

Boneless Chicken Bites
Philly Cheese Steak
Pizza Variety
Sides-Choose one or more-
Steamed Broccoli
Carrots w/Dip
Fruit / Juice Variety
M&M Cookie

Lunch Entrée'-Choose one-

12

Chicken Alfredo / Garlic Toast
BBQ Sandwich
Pizza Variety
Sides-Choose one or more-
Veggie cup
Steamed Broccoli
Fruit / Juice Variety

Lunch Entrée'-Choose one-

19

Country Steak Bites
Honey Wheat Roll
Chick Filet Sandwich
Pizza Variety
Sides-Choose one or more-
Lima Beans
Mashed Potatoes/Gravy
Fruit / Juice Variety

Bag Lunch

26

Deli Sandwich
Carrots/Dip
Celery/Dip
Raisels
Fruit or juice

FRIDAY

Lunch Entrée'-Choose one-

6

Fish Nuggets / Mac&Cheese
Cheeseburger
Pizza Variety
Sides-Choose one or more-
Cole Slaw
Baked Beans
Fruit / Juice Variety

Lunch Entrée'-Choose one-

13

Catfish Strips
Honey Wheat Roll
Spicy Chicken Wrap
Pizza Variety
Sides-Choose one or more-
Baked Beans
Cole Slaw
Fruit / Juice Variety

Lunch Entrée'-Choose one-

20

Broccoli & Cheddar Soup
Bowl / Sandwich
Cheeseburger Meatloaf
Sandwich
Pizza Variety
Sides-Choose one or more-
Breaded Okra
Cole Slaw
Fruit / Juice Variety

Teachers Work

27

Day

MEALTIME

MESSAGE

Assorted Juice and Milk choices available daily for Breakfast and lunch: 1% White, Fat Free Chocolate or Strawberry

Offered For Lunch Daily Based on Availability: PBJ Sandwich or Yogurt Parfait with Granola or Chef Salad Meal

School News

Monthly Birthday Celebration for October Birthdays will be on Friday, October 20, 2017

Menu items subject to change based on availability

This Institution is an equal opportunity provider.

DID YOU KNOW?

More US presidents have been born in October than in any other month.