

OCTOBER 2018

Middle School Menu

Sharon Craig, CNPManager

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*Please Note This Menu is Subject To Change. Changes will be made on the Mealviewer APP.

Monday

Chili with Grilled Cheese
Or
CornDog

1

Steamed Broccoli
Baked Potato Half
Fruit Cup
Side Salad

Meatball Sub
Chicken Sandwich

8

Baked Tator Tots
Cheesy Baked Zucchini
Side Garden Salad
Fruit Cup

Chicken Poppers
Plain, Buffalo, BBQ
Or Deli Wrap

15

Mac and Cheese
Baked Potato Wedges
Mixed Steamed Veggies
Fruit Cup

Wings or
BBQ Sliders

22

Baked Potato Wedges
Baked Beans
Veggie Dippers/Ranch
Fruit Cup

Cheeseburger or
Cheese Sticks and Marinara dip

29

Baked Tator Tots
Corn Nuggets
Veggie Dippers
Fruit Cup

Tuesday

Chicken Spaghetti
Or
BBQ Sandwich

2

Green Beans
Glazed Carrots
Fruit Cup
Side Salad

Breakfast for Lunch

9

Sausage Biscuit or
Pancakes & Sausage Link
Hash brown
Blueberry Crisp
Carrot Sticks

Taco Bar (Chicken or Beef)
Nachos or Taco Salad

16

Spanish Rice
Mexi Corn and
Pinto Beans
Salsa, Sourcream, lettuce, tomato
Fruit Cup

Crispitos with
Salsa & Sour cream or
Deli Sub Sandwich
Lettuce Tomato and Pickle
Spanish Rice
Steamed Mixed Veggies
Pinto Beans
Fruit Cup

23

Chicken Sandwich
Or Deli Sub

30

Green Beans
Sweet Potato Fries
Side Garden Salad
Fruit Cup

Wednesday

Chicken Tenders

3

Mac and Cheese
Baked Potato Wedges
Mixed Steamed Veggies
Fruit Cup

Cheese Sticks and Marinara
or
Cheeseburger

10

Baked Glazed Sweet Potatoes
Steamed Broccoli
Fruit Cup

National Pasta Day
Spaghetti
With Meatballs

17

Baked Tator Tots
Cheesy Baked Zucchini
Side Caesar Salad
Fruit Cup

Stromboli
or
Fish Sandwich

24

Steamed Broccoli
Sweet Potato Fries
Fruit Cup

Happy Halloween
Chili with Grilled Cheese
Or CornDog

31

Steamed Broccoli
Baked Potato/Toppings
Fruit Cup
Side Garden Salad

Thursday

National Taco Day

4

Taco Bar (Chicken or Beef)
Nachos or Taco Salad
Mexi Corn and
Pinto Beans
Salsa, Sour Cream, Lettuce, Tomato
Fruit Cup

Crispitos with
Salsa & Sour cream or
Deli Sub Sandwich
Lettuce Tomato and Pickle

11

Spanish Rice
Pinto Beans with Cheese
Fruit Cup

Poppyseed Chicken
or
Beef Tips

18

Rice/Gravy
Peas and Carrots
Side Salad
Fruit Cup

Salisbury Steak
Or
Hotdog
Mashed Potatoes
Carrot Soufflé
Cornbread
Side Garden Salad
Fruit Cup

25

Friday

Stuffed Crust Cheese Pizza
Or Deli Sandwich

5

Baked Fries
Side Garden Salad
Corn on the Cob
Fruit Cup

Personal Pan Pizza
Or Buffalo Chicken Pizza
Corn
Baked Fries
Side Garden Salad
Fruit Cup

12

Cheese or Pepperoni Pizza
Or Deli Sandwich

19

Baked Fries
Side Garden Salad
Corn on the Cob
Fruit Cup

Stuffed Crust
Cheese or Pepperoni Pizza

26

Corn
Baked Fries
Side Garden Salad
Fruit Cup

