

MIDDLE SCHOOL MENU

OCTOBER 2017



Monday	Tuesday	Wednesday	Thursday	Friday
2 Spaghetti or Popcorn Chicken Smackers Oven Roasted Potatoes Steamed Broccoli Roll Tossed Salad & Fruit	3 Sub Shop: Ham or Turkey or Sloppy Joe Baked Lays Lettuce/Tom/Pickle Fruit/Milk Cole Slaw/Dessert	4 Pizza or Chicken Fettucini Corn Roasted Veggie Medley Fruit Tossed Green Salad	5 Steak w/Gravy or Grilled/Breaded Chicken Sandwich Carrots Mashed Potatoes Tossed Green Salad Fruit	6 Chicken Fritters/Cornbread Chicken Salad w/Crackers Pinto Beans Mac'n Cheese Turnip Greens Tossed Green Salad
9 Columbus Day No School	10 Sub Shop: Meatball or Ham Baked Lays Lettuce/Tom/Pickle peppers/onions/blk olives Dessert Fruit/Milk	11 "Breakfast for Lunch" Biscuit w/ Gravy Choice of Meat Egg Omelet Slcied Tomatoes Assorted Fruit Tator Rounds	12 Cheeseburger or BBQ Sand w/chips French Fries Raw Veggie Medley Baked Beans, Cole Slaw Lett/Tom/Pickles, Salad, Fruit	13 Chicken Fritters/ WW Roll Mashed Potatoes Green Peas Tossed Green Salad Fruit
16 Spaghetti or Popcorn Chicken Smackers Oven Roasted Potatoes Steamed Broccoli Roll Tossed Salad & Fruit	17 Sub Shop: Ham or Turkey or Sloppy Joe Baked Lays Lettuce/Tom/Pickle Fruit/Milk Cole Slaw/Dessert	18 Pizza or Chicken Fettucini Corn Roasted Veggie Medley Fruit Tossed Green Salad	19 Steak w/Gravy or Grilled/Breaded Chicken Sandwich Carrots Mashed Potatoes Tossed Green Salad Fruit	20 Chicken Fritters/Cornbread Chicken Salad w/Crackers Pinto Beans Mac'n Cheese Turnip Greens Tossed Green Salad
23 Fish w/Hushpuppies or Oven Fried Chicken Mac and Tomatoes Green Beans Tossed Green Salad Fruit	24 Sub Shop: Meatball or Ham Baked Lays Lettuce/Tom/Pickle peppers/onions/blk olives Dessert Fruit/Milk	25 Chicken Fajita or Super Nachos Refried Beans Corn Rice, Lettuce/Tom Tossed Salad & Fruit	26 Cheeseburger or BBQ Sand w/chips French Fries Raw Veggie Medley Baked Beans, Cole Slaw Lett/Tom/Pickles, Salad, Fruit	27 Chicken Fritters/ WW Roll Mashed Potatoes Green Peas Tossed Green Salad Fruit
30 Spaghetti or Popcorn Chicken Smackers Oven Roasted Potatoes Steamed Broccoli Roll Tossed Salad & Fruit	31 Sub Shop: Ham or Turkey or Sloppy Joe Baked Lays Lettuce/Tom/Pickle Fruit/Milk Cole Slaw/Dessert			

Assorted fruits and low fat milk offered at each meal

"This institution is an equal opportunity provider"

Boxed Salads offered Daily: Chef Salad, Chicken Salad, Grilled Chicken Salad, Southwest Salad