



**Tazewell County Schools
MIDDLE SCHOOL LUNCH**

VIRGINIA FARM to SCHOOL WEEK OCT-1-5

National School Lunch Week OCT -15-19

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 CHOOSE ONE ENTREE MACARONI & CHEESE ITALIAN MEATBALL SUB * <u>Available Daily</u> <u>Pizza and Chicken Selections</u> CRISP BABY CARROTS SEASONED CORN FRUIT & VEGGIE BAR</p>	<p>2 CHOOSE ONE ENTREE FRITO CHILI CHEESE BOWL * MINI CORN DOGS <u>Available Daily</u> <u>Pizza and Chicken Selections</u> REFRIED BEANS TANGY SALSA FRUIT & VEGGIE BAR</p>	<p>3 CHOOSE ONE ENTREE HOT DOG w CHILI HAMBURGER <u>Available Daily</u> <u>Pizza and Chicken Selections</u> ZESTYBAKED BEANS COLE SLAW SEASONED FRIES FRUIT & VEGGIE BAR</p>	<p>4 CHOOSE ONE ENTREE SALISBURY STEAK w Roll CHICKEN FRIED STEAK w BREADSTICK WILD MIKE'S ULTIMATE PIZZA MASHED POTATOES BROCCOLI VEGGIE BOWL FRUIT & VEGGIE BAR</p>	<p>5 CHOOSE ONE ENTREE BREAKFAST FOR LUNCH OMELET OR * EGG and SAUSAGE w BISCUIT <u>Available Daily</u> <u>Pizza and Chicken Selections</u> SEASONED GRAVY POTATO ROUNDS FRESH TOMATO WEDGES FRUIT & VEGGIE BAR</p>
<p>8 CHOOSE ONE ENTREE SUPER CHEESE FILLED STICKS PHILLY CHICKEN CHEESE PANINI* <u>Available Daily</u> <u>Pizza and Chicken Selections</u> TANGY SALSA SEASONED GREEN BEANS FRUIT & VEGGIE BAR</p>	<p>9 CHOOSE ONE ENTREE CHICKEN and WAFFLES TOASTED CHEESE SANDWICH <u>Available Daily</u> <u>Pizza and Chicken Selections</u> SWEET POTATO TOMATO SOUP SEASONED CORN MACARONI & CHEESE FRUIT & VEGGIE BAR</p>	<p>10 CHOOSE ONE ENTREE SIRACHA CHICKEN CHEESE PANINI CHILI BEANS w BREADSTICK <u>Available Daily</u> <u>Pizza and Chicken Selections</u> MARINARA SAUCE MIXED VEGETABLES SEASONED FRIES FRUIT & VEGGIE BAR</p>	<p>11 CHOOSE ONE ENTREE MEXICAN PULLED PORK on BUN POP CORN CHICKEN w Roll WILD MIKE'S ULTIMATE PIZZA PINTO BEANS CORN FRUIT & VEGGIE BAR</p>	<p>12 CHOOSE ONE ENTREE SPAGHETTI w BREAD STICK SLOPPY JOE on BUN <u>Available Daily</u> <u>Pizza and Chicken Selections</u> TOMATO WEDGES FRENCH FRIES CRISPY BROCCOLI FRUIT & VEGGIE BAR</p>
<p>15 CHOOSE ONE ENTREE TANTALIZING TACO POP CORN CHICKEN <u>Available Daily</u> <u>Pizza and Chicken Selection</u> BREADSTICK DELUXE PINTO BEANS CRISPY VEGETABLE STICKS FRUIT & VEGGIE BAR</p>	<p>16 CHOOSE ONE ENTREE BACON CHEESEBURGER SLOPPY JOE on BUN <u>Available Daily</u> <u>Pizza and Chicken Selections</u> CALIFORNIA BLEND VEGETABLES FRENCH FRIES FRUIT & VEGGIE BAR</p>	<p>17 CHOOSE ONE ENTREE SALISBURY STEAK w ROLL CHICKEN NUGGETS w ROLL <u>Available Daily</u> <u>Pizza and Chicken Selections</u> SEASONED GREEN BEANS SWEET POTATOS CRISPYVEGETABLE STICKS FRUIT & VEGGIE BAR</p>	<p>18 CHOOSE ONE ENTREE HOT HAM and CHEESE SANDWICH SUPER CHEESE FILLED STICKS WILD MIKE'S ULTIMATE PIZZA TANGY SALSA POTATO ROUNDS CHICKEN SUPREME SOUP FRUIT & VEGGIE BAR</p>	<p>19 CHOOSE ONE ENTREE CHICKEN and WAFFLES MINI CORN DOGS <u>Available Daily</u> <u>Pizza and Chicken Selections</u> CRISPY POTATO SMILES VEGGIE BOWL GLAZED CARROTS FRUIT & VEGGIE BAR</p>
<p>22 CHOOSE ONE ENTREE MACARONI & CHEESE ITALIAN MEATBALL SUB * <u>Available Daily</u> <u>Pizza and Chicken Selections</u> CRISP BABY CARROTS SEASONED CORN FRUIT & VEGGIE BAR</p>	<p>23 CHOOSE ONE ENTREE FRITO CHILI CHEESE BOWL * MINI CORN DOGS <u>Available Daily</u> <u>Pizza and Chicken Selections</u> REFRIED BEANS TANGY SALSA FRUIT & VEGGIE BAR</p>	<p>24 CHOOSE ONE ENTREE HOT DOG w CHILI HAMBURGER <u>Available Daily</u> <u>Pizza and Chicken Selections</u> ZESTYBAKED BEANS COLE SLAW SEASONED FRIES FRUIT & VEGGIE BAR</p>	<p>25 CHOOSE ONE ENTREE SALISBURY STEAK w Roll CHICKEN FRIED STEAK w BREADSTICK WILD MIKE'S ULTIMATE PIZZA MASHED POTATOES BROCCOLI VEGGIE BOWL FRUIT & VEGGIE BAR</p>	<p>26 CHOOSE ONE ENTREE BREAKFAST FOR LUNCH OMELET OR * EGG and SAUSAGE w BISCUIT <u>Available Daily</u> <u>Pizza and Chicken Selections</u> SEASONED GRAVY POTATO ROUNDS FRESH TOMATO WEDGES FRUIT & VEGGIE BAR</p>
<p>29 CHOOSE ONE ENTREE SUPER CHEESE FILLED STICKS PHILLY CHICKEN CHEESE PANINI* <u>Available Daily</u> <u>Pizza and Chicken Selections</u> TANGY SALSA SEASONED GREEN BEANS FRUIT & VEGGIE BAR</p>	<p>30 CHOOSE ONE ENTREE CHICKEN and WAFFLES TOASTED CHEESE SANDWICH <u>Available Daily</u> <u>Pizza and Chicken Selections</u> SWEET POTATO TOMATO SOUP SEASONED CORN MACARONI & CHEESE FRUIT & VEGGIE BAR</p>	<p>31 CHOOSE ONE ENTREE SIRACHA CHICKEN CHEESE PANINI CHILI BEANS w BREADSTICK <u>Available Daily</u> <u>Pizza and Chicken Selections</u> MARINARA SAUCE MIXED VEGETABLES SEASONED FRIES FRUIT & VEGGIE BAR</p>	<p>GARDEN SALAD TUESDAY & THURSDAY with Choice of Dressing</p> <p>MILK - CHOICE EVERY MEAL</p>	<p>Combos offered daily: <u>Yogurt & Cheese Stick</u> <u>Goody Ring</u> OR <u>PB&J, Cheese Stick</u> <u>Goldfish</u></p>