







# MIDDLE SCHOOL LUNCH MENU

OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
<b>Weekly Alternate: Spicy Black Bean Burger or Vegetarian Crunchy Tacos</b>					<b>Cheese Pizza offered at lunch Daily!</b>
Homestyle Chicken Sandwich 3	Chicken Taco with Cheese and Salsa 4 	★ Chicken Nuggets with Cheez its 5	Whole Grain French Toast with Turkey Sausage 6	White Cheese Pizza 7 	
<b>Weekly Alternate: Buffalo Chik'n Wings with cheez its or Cheese Southwest Chicken Wrap</b>					<b>Monday- French Fries, Apples</b>
★ Cheeseburger with Pickles 10 *National School Lunch Week*	★ Spicy Beef Taco & Cheese served over Tator Tots 11	★ Meatball Flatbread with Roasted Tomato 12	★ Veggie Nuggets w/ WG Cheez Its 13 Early Dismissal	★ Buffalo Chicken Pizza 14 	
<b>Weekly Alternate: Crispy Fish Taco with Spicy Slaw or Chicken Dumplings with Sweet/Sour Sauce)</b>					<b>Tuesday- Vegetarian Baked Beans Oranges</b>
Homestyle Chicken Sandwich with Cheese 17	Jerk Seasoned Chicken Flatbread 18	★ General Tso Popcorn Chicken with Broccoli 19	Grilled Cheese with 3 Cheese Blend 20	Beef/Chicken Blend Pepperoni Pizza 21 	
<b>Weekly Alternate: Chicken Tenders with Goldfish or Veggie Chik'n Nugget Salad with Goldfish</b>					<b>Wednesday- Carrots, Grapes</b>
<b>Schools Closed</b> 24	Spicy Chicken Sandwich 25	★ Macaroni and Cheese 26	Popcorn Chicken with Mashed Potatoes and Shredded Cheese 27 	Pizzazz Pizza (Banana Peppers and Tomato Slices) 28 	
<b>Weekly Alternate: Baja Taco Salad with Doritos or Whole Wheat Waffles &amp; Egg Patties</b>					<b>Thursday- Celery Sticks, Bananas</b>
Cheeseburger Melt With Caramelized Onions 31	This institution is an equal opportunity provider.		All-Fruit Sorbet offered with lunch on days with 		
					<b>Friday- Steamed Broccoli, Assorted Canned Fruit</b>