



SEPTEMBER 2023

MIDDLE SCHOOL
LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
Ham and Cheese Hoagie
1/2c Baby Carrots
1/2c Fresh Broccoli
1/2c Fruit Choice

4
**Labor Day
No School**

5
A: Orange Chicken/w Brown Rice
B: Chicken Tenders
1/2c Asian Vegetables
1/2c Fresh Bell Peppers
1/2c Fruit Choice

6
A: Spaghetti and Meat Sauce/w Breadstick
B: Corn dog
1/2c Italian Vegetables
1/2c Fresh Broccoli
1/2c Side Salad
1/2c Fruit Choice

7
A: Frito Pie
B: Fish Sandwich
1/2c Baked Beans
1/2c Fresh Baby Carrots
1/2c Fruit Choice

8
A: Meatball Hoagie
B: Cordon Bleu Chicken Sandwich
1/2c Seasoned Carrots
1/2c Herbed Tomatoes
1/2c Side Salad
1/2c Fruit Choice

11
A: Crispy Chicken Bowl/w Breadstick
B: Cheeseburger
1/2c Sweet Potato Waffle fries
1/2c Fresh Cucumbers
1/2c Fruit Choice

12
A: Beef Walking Taco
B: Chicken Nuggets
1/2c Seasoned Black Beans
1/4c Salsa
1/2c Side Salad
1/2c Fruit Choice

13
A: Spicy Stuffed Biscuit
B: Hotdog
1/2c Mexican Street Corn
1/2c Steamed Peas
1/2c Fruit Choice

14
A: Oven Fried Chicken
B: Grilled Cheese
1/2c Honey Roasted Brussel Sprouts
1/2c Homemade Pickles
1/2c Fruit Choice

15
A: Pepperoni or Cheese Pizza
B: Chicken Patty Sandwich
1/2c Steamed Broccoli
1/2c Fresh Baby Carrots
1/2c Fruit Choice

18
A: Lemon Pepper Chicken Sandwich
B: Hamburger
1/2c Potato Wedges
1/2c Garden Salad
1/2c Fruit Choice

19
A: Sweet and Sour Chicken/w Brown Rice
B: Chicken Tenders
1/2c Asian Vegetables
1/2c Fresh Bell Peppers
1/2c Fruit Choice

20
A: Chicken Alfredo/w Breadstick
B: Corn dog
1/2c Italian Vegetables
1/2c Fresh Broccoli
1/2c Side Salad
1/2c Fruit Choice

21
A: Loaded Potato/w Shredded Beef
B: Fish Sandwich
1/2c Baked Beans
1/2c Baby Carrots
1/2c Side Salad
1/2c Fruit Choice

22
A: Italian Dunkers
B: Hawaiian Chicken Sandwich
1/2c Seasoned Carrots
1/2c Herbed Tomatoes
1/2c Side Salad
1/2c Fruit Choice

25
A: Pancakes and eggs
B: Turkey Ham and Cheese Club Sandwich
1/2c Tater Gems Beans
1/2c Roasted Carrots
1/2c Fruit Choice

26
A: Grilled Chicken Breast/w Cilantro Brown Rice
B: Cheeseburger
1/2c Fresh Broccoli
1/2c Herbed Tomatoes
1/2c Fruit Choice

27
A: Sweet and Sour Chicken/w Brown Rice
B: Hot Dog
1/2c Oriental Vegetables
1/2c Mixed Vegetables
1/2c Fruit Choice

28
Parent Teacher Conference

29
Parent Teacher Conference

NUTRITION BAR

Included with your meal and offered daily. Choose from a variety of fresh fruits or vegetables.

ENTREE SALAD or DELI SANDWICH

included with your meal and offered daily

ELIOR NORTH AMERICA

For questions and comments, please email the Food Service Director at Mark.House@k12byelior.com

This institution is an equal opportunity provider