

# OCTOBER 2023

## Middle School Lunch

Celebrate National School Lunch Week October 9-13th

MONDAY

**A: Cheese Quesadilla** <sup>02</sup>   
**B: Cheeseburger**  
½ c Mashed Potatoes  
½ c Fresh Cucumbers



**09**  
*Indigenous Peoples Day No School*

**A: BBQ Bird Dawg** <sup>16</sup>  
**B: Hamburger**  
½ c potato wedges  
½ c Garden Salad

**A: Lemon Pepper Chicken Sandwich** <sup>23</sup>  
**B: Hamburger**  
½ c Potato Wedges  
½ c Garden Salad

**A: Pancakes and eggs** <sup>30</sup>   
**B: Club Sandwich**  
½ c Tater Gems  
½ c Roasted Carrots

TUESDAY

**A: Tamale/w Side of Nachos** <sup>03</sup>   
**B: Chicken Nuggets**  
½ c Pinto Beans  
½ c Garden Salad

**A: Teriyaki Chicken/w Rice** <sup>10</sup>  
**B: Chicken Tenders**  
½ c French Fries  
½ c Fresh Bell Peppers

**A: Beef Walking Taco** <sup>17</sup>  
**B: Chicken Nuggets**  
½ c Black Beans  
¼ c Salsa  
½ c Garden Salad

**A: Sweet and Sour Chicken/w Rice** <sup>24</sup>  
**B: Chicken Tenders**  
½ c Asian Veggies  
½ c Fresh Bell Peppers

**A: Grilled Chicken/w Cilantro Rice** <sup>31</sup>  
**B: Cheeseburger**  
½ c Fresh Broccoli  
½ c Herbed Tomatoes

WEDNESDAY

**National TaCo Day** <sup>04</sup>  
**A: Beef Taco Bar**  
**B: Macaroni and Cheese**   
½ c Seasoned Corn  
½ c Green Beans

**A: Macaroni & Cheese** <sup>11</sup>   
**B: Corndog**  
½ c Italian Veggies  
½ c Broccoli  
1/2c Garden Salad

**A: Chicken a la King** <sup>18</sup>  
**B: Hotdog**  
½ c Mexican Street Corn  
½ c Steamed Peas  
½ c Warm Cinnamon Apples- 

**A: Chicken Alfredo/w Breadstick** <sup>25</sup>  
**B: Corndog**  
½ c Italian Veggies  
½ c Fresh Broccoli



THURSDAY

**A: Chicken Drumstick/w Roll** <sup>05</sup>  
**B: Pulled Pork Sandwich**  
½ c Steamed Broccoli  
½ c Baby Carrots

**A: Frito Pie** <sup>12</sup>  
**B: Fish Sandwich**  
½ c Baked Beans  
½ c Fresh Baby Carrots

**A: Lemon Pepper Chicken** <sup>19</sup>  
**B: Grilled Cheese**   
½ c Honey Roasted Brussel Sprouts  
½ c Cucumbers

**National Pumpkin Day**  
**A: Loaded Potato Bar** <sup>19</sup>  
**B: Fish Sandwich**  
½ c Baked Beans  
½ c Garden Salad  
Pumpkin Square

FRIDAY

**A: Pepperoni or Cheese Pizza** <sup>06</sup>   
**B: Chicken Patty Sandwich**  
½ c Baby Carrots  
½ c Fresh Broccoli

**A: Meatball Hoagie** <sup>13</sup>  
**B: Cordon Bleu Chicken Sandwich**  
½ c Seasoned Carrots  
½ c Herbed Tomatoes


**A: Pepperoni or Cheese Pizza** <sup>20</sup>   
**B: Chicken Patty Sandwich**  
½ c Steamed Broccoli  
½ c Fresh Baby Carrots

**A: Italian Dunkers** <sup>27</sup>   
**B: Hawaiian Chicken Sandwich**  
½ c Carrots  
½ c Herbed Tomatoes



### 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

 Vegetarian (Ovo-Lacto)  
 Fresh Picks

This institution is an equal opportunity provider