



# October 2018

## Middle School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>1</b> <b>Roasted Vegetable Sub</b> Cobb Salad with Roll Turkey & Cheese Sub	<b>2</b> <b>Beef Soft Tacos</b> Grilled Chicken Salad with Roll Buffalo Chicken Wrap	<b>3</b> <b>Chicken &amp; Waffles</b> <b>Southwest Salad with Tortilla Chips</b> Ham & Cheese Sub	<b>4</b> <b>Rotini with Meat Sauce</b> Popcorn Chicken Salad with Roll Turkey & Cheese Sandwich	<b>5</b> <b>Chicken Tikka Masala with Rice</b> Ham Chef Salad with Roll Turkey, Ham & Cheese Wrap	<div style="border: 1px solid black; padding: 5px; text-align: center;"><b>Offered Daily</b></div> <p><b>M/W/F:</b></p> <ul style="list-style-type: none"> <li>- Tyson® Popcorn Chicken</li> <li>- Tyson® Chicken Sandwich</li> <li>- Hamburger &amp; Cheeseburger</li> <li>- Cheese Pizza</li> <li>- Pepperoni Pizza</li> <li>- Pizza Sticks</li> <li>- Crisпитos</li> <li>- SunButter &amp; Jelly Sandwich</li> <li>- Beef Fingers (Friday)</li> </ul> <p><b>Tu/Th:</b></p> <ul style="list-style-type: none"> <li>- Tyson® Chicken Tenders</li> <li>- Tyson® Chicken Sandwich</li> <li>- Hamburger &amp; Cheeseburger</li> <li>- Cheese Pizza</li> <li>- Specialty Pizza</li> <li>- Grilled Cheese Sandwich</li> <li>- Nachos</li> <li>- SunButter &amp; Jelly Sandwich</li> </ul> <p><b>Fresh Fruits:</b>            Apples, Peaches, Pears, Cantaloupe, Honeydew Melon, Bananas, Oranges, Grapes, Strawberries, Watermelon</p> <p><b>Fresh Veggies:</b>            Broccoli, Mashed Potatoes, Corn, Carrots, Coleslaw, Green Beans, Squash, Celery Sticks, Beans, Spinach, Cherry Tomatoes, Zucchini, Cucumbers</p> <p style="font-size: small;">Menus are subject to change without notice.</p>
<b>8</b> <b>Bacon Cheeseburger</b> Chicken Salad Platter with Roll Turkey & Cheese Sub <i>FUEL: Atomic Burger</i>	<b>9</b> <b>Chicken Soft Tacos</b> Tropical Chicken Salad with Roll Chicken Salad Sub <i>Atomic Burger</i>	<b>10</b> <b>Fish Sticks with Mac and Cheese</b> Cobb Salad with Roll Ham & Cheese Sandwich <i>Atomic Burger</i>	<b>11</b> <b>Chicken Parmesan with Breadstick</b> Chicken Caesar Salad with Breadstick Ranch Chicken Wrap <i>Atomic Burger</i>	<b>12</b> <b>Szechwan Chicken with Lo Mein</b> <b>Egg Chef Salad with Roll</b> Turkey & Cheese Sandwich <i>Atomic Burger</i>	
<b>15</b> <b>Cheese Fry Chicken Sub</b> Buffalo Chicken Salad with Roll Turkey & Cheese Sandwich <i>FUEL: Backyard Burger</i>	<b>16</b> <b>Cheese Quesadilla</b> Asian Noodle Salad with Roll Chicken Caesar Wrap <i>Backyard Burger</i>	<b>17</b> <b>Meatloaf with Gravy &amp; Roll</b> Chicken Taco Salad with Tortilla Chips Turkey & Cheese Sub <i>Backyard Burger</i>	<b>18</b> <b>Chicken Penne Alfredo</b> Italian Salad with Roll Buffalo Chicken Wrap <i>Backyard Burger</i>	<b>19</b> <b>Korean Bulgogi Beef with Rice</b> Turkey Chef Salad with Roll Ham & Cheese Sub <i>Backyard Burger</i>	
<b>22</b> <b>Buffalo Chicken Drumstick with Roll</b> Chicken Salad Platter with Roll All-American Sub	<b>23</b> <b>Fish Tacos</b> Tropical Chicken Salad with Roll Chicken Salad Wrap	<b>24</b> <b>Chicken Fried Steak with Gravy &amp; Breadstick</b> Cobb Salad with Roll Turkey & Cheese Sandwich	<b>25</b> <b>Spaghetti &amp; Meatballs</b> Chicken Caesar Salad with Breadstick Ranch Chicken Wrap	<b>26</b> <b>Spicy Thai Chicken Bowl</b> <b>Egg Chef Salad with Roll</b> Ham & Cheese Sub	
<b>29</b> <b>Chili Cheese Baked Potato with Roll</b> Buffalo Chicken Salad with Breadstick Turkey & Cheese Sandwich	<b>30</b> <b>Chicken Quesadilla</b> Asian Noodle Salad with Roll Chicken Caesar Wrap	<b>31</b> <b>Popcorn Chicken Bowl with Roll</b> Chicken Taco Salad with Tortilla Chips Ham & Cheese Sub			

Vegetarian Entrees Indicated in Green



Lunch Price \$2.85