

# OCTOBER 2018

# THURSTON MIDDLE SCHOOL

## MONDAY

1

SPECIAL OF THE DAY  
PICK UP STIX  
HOUSE CHICKEN

GARDEN SALAD  
CHICKEN CAESAR SALAD

8

SPECIAL OF THE DAY  
PICK UP STIX  
HOUSE CHICKEN

GARDEN SALAD  
CHICKEN CAESAR SALAD

15

SPECIAL OF THE DAY  
PICK UP STIX  
HOUSE CHICKEN

GARDEN SALAD  
CHICKEN CAESAR SALAD

22

SPECIAL OF THE DAY  
PICK UP STIX  
HOUSE CHICKEN

GARDEN SALAD  
CHICKEN CAESAR SALAD

29

SPECIAL OF THE DAY  
PICK UP STIX  
HOUSE CHICKEN

GARDEN SALAD  
CHICKEN CAESAR SALAD

## TUESDAY

2

SPECIAL OF THE DAY  
BOSCO'S BREADSTICKS  
W/MARINARA SAUCE

GARDEN SALAD  
CHICKEN CAESAR SALAD

9

SPECIAL OF THE DAY  
CHICKEN FAJITA  
BURRITO

GARDEN SALAD  
CHICKEN CAESAR SALAD

16

SPECIAL OF THE DAY  
CHICKEN & CHEESE  
QUESADILLA

GARDEN SALAD  
CHICKEN CAESAR SALAD

23

SPECIAL OF THE DAY  
CHICKEN FAJITA  
BURRITO

GARDEN SALAD  
CHICKEN CAESAR SALAD

30

SPECIAL OF THE DAY  
BOSCO'S BREADSTICKS  
W/MARINARA SAUCE

GARDEN SALAD  
CHICKEN CAESAR SALAD

## WEDNESDAY

3

SPECIAL OF THE DAY  
CHICKEN & CHEESE  
QUESADILLA

GARDEN SALAD  
CHICKEN CAESAR SALAD

10

SPECIAL OF THE DAY  
BAKED CHICKEN  
WITH BROWN RICE

GARDEN SALAD  
CHICKEN CAESAR SALAD

17

SPECIAL OF THE DAY  
MAMA'S  
MAC & CHEESE (V)

GARDEN SALAD  
CHICKEN CAESAR SALAD

24

SPECIAL OF THE DAY  
BAKED CHICKEN  
WITH BROWN RICE

GARDEN SALAD  
CHICKEN CAESAR SALAD

31

SPECIAL OF THE DAY  
CHICKEN & CHEESE  
QUESADILLA

GARDEN SALAD  
CHICKEN CAESAR SALAD

## THURSDAY

4

SPECIAL OF THE DAY  
SPAGHETTI  
W/MEATSAUCE

GARDEN SALAD  
CHICKEN CAESAR SALAD

11

SPECIAL OF THE DAY  
BBQ PULLED PORK  
ON WHOLE GRAIN BUN

GARDEN SALAD  
CHICKEN CAESAR SALAD

18

SPECIAL OF THE DAY  
SPAGHETTI  
W/MEATSAUCE

GARDEN SALAD  
CHICKEN CAESAR SALAD

25

**MINIMUM DAY  
NO LUNCH**

31

**MINIMUM DAY  
NO LUNCH**

## FRIDAY

5

SPECIAL OF THE DAY  
**Z PIZZA**  
CHEESE PIZZA (V) or  
PEPPERONI PIZZA

CHICKEN CAESAR SALAD

12

SPECIAL OF THE DAY  
**Z PIZZA**  
CHEESE PIZZA (V) or  
PEPPERONI PIZZA

CHICKEN CAESAR SALAD

19

SPECIAL OF THE DAY  
**Z PIZZA**  
CHEESE PIZZA (V) or  
PEPPERONI PIZZA

CHICKEN CAESAR SALAD

26

**MINIMUM DAY  
NO LUNCH**

## A La Carte

- 100% All Beef Hamburger
- 100% All Beef Cheeseburger
- BBQ Bacon Burger
- Beef Hot Dog
- Popcorn Chicken & Corn Muffin
- Spicy Chicken Sandwich
- Crispy Chicken Sandwich
- Bean & Cheese Burrito
- Turkey and Swiss Sandwich w/Fresh Fruit
- Ham and Swiss Sandwich w/Fresh Fruit
- Chicken Caesar Salad & Roll
- Salad Special of the Week

MEAL PRICE \$ 3.90  
ADULT MEAL \$4.40

INCLUDES  
A VARIETY OF FRESH  
ORGANIC FRUITS AND VEGETABLES  
AND CHOICE OF MILK

## School News

**NUTRITION SERVICES FEATURING SALAD BARS WITH FRESH, SEASONAL, ORGANIC FRUITS AND VEGETABLES**

497-7700 x5216 or email [dappel@lbusd.org](mailto:dappel@lbusd.org)

Please take a minute to check out the Nutrition Services website

[www.lbusd.org](http://www.lbusd.org)

GOING GREEN ONLINE MENUS



ONLINE DEPOSIT WITH e-Funds

"This institution is an equal opportunity provider"

## DID YOU KNOW...

October comes from the Latin word "octo" which means eight.