

Middle Schools Lunch

Lunch - Middle Schools

OCTOBER 2021

1

-Choose 1 Protein & Grain-

Chicken

& Waffles

Ham & Cheese
Croissant

Pizza Sticks

w/ Dipping Sauce

-Add-

Hot Spiced Apples

-Garden Vegetable Bar-

Tossed Salad

Broccoli Florets

-Fruit Bar-

Fresh Grape
Clusters

Chilled Mixed Fruit

Fresh Melon

<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
-Choose 1-	-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-
Spicy Chicken w/ Bun	Chicken Enchilada	Lasagna	Chicken Parmesan	Popcorn Chicken
-Choose 2 Grains-	Spicy Beef Soft Tacos	w/ Garlic Bread	w/ Garlic Bread	w/ Dinner Roll
Cinnamon Roll	w/ Cheese	Corn Dog Nuggets	Steak & Cheese Stromboli	Mini Calzones
Rice	Cheese Quesadilla	Stuffed Crust Cheese Pizza	w/ Dipping Sauce	w/ Dipping Sauce
-Choose 1 Protein-	-Add-	-Add-	Pizza Sticks	Cheeseburger/Bun
Honey Fire Chicken	Black Beans	Kickin' Roasted Veggies	w/ Dipping Sauce	-Add-
Chicken Teriyaki	Baked Plantains	-Garden Vegetable Bar-	-Add-	Mashed Potatoes
-Add-	-Garden Vegetable Bar-	Tossed Salad	Parmesan Broccolini	w/ Gravy
Stir Fried Cabbage	Shredded Romaine Lettuce	Grape Tomatoes	-Garden Vegetable Bar-	Green Beans
-Garden Vegetable Bar-	Pico de Gallo	-Fruit Bar-	Layered Lettuce Salad	-Garden Vegetable Bar-
BLT Romaine Salad	-Fruit Bar-	Fresh Banana	Cauliflower Florets	Celery Sticks
Baby Carrots	Fresh Pear	Chilled Mandarin Oranges	-Fruit Bar-	Super Food Salad
Cucumber Slices	Chilled Peaches	Strawberry Shortcake	Orange Wedges	-Fruit Bar-
-Fruit Bar-	Mango Pineapple Salsa		Kiwi Wedges	Fresh Apple
Fresh Apple			Chilled Pineapple Chunks	Grapefruit Wedges
Frozen Fruit Juice Cup				Chilled Mixed Fruit
Chilled Pears & Red Grapes				

11**12****-Choose 2 Grains-**

Rice
Corn Tortilla Chips
Flour Tortilla

-Choose 1 Protein-

Southwest Chicken
Spicy Beef

-Add-

Golden Queso
Refried Beans

-Garden Vegetable Bar-

Shredded Romaine Lettuce
Diced Tomatoes
Corn Salad

-Fruit Bar-

Chilled Peaches
Fresh Pear
Frozen Mixed Berry Cup

13**-Choose 1 Protein & Grain-**

Crispy Chicken
w/ Bun
Steak Sub
w/ Cheese,
American, Sliced
Grilled Cheese
Sandwich

-Add-

Baked Beans
Potato Wedges

-Garden Vegetable Bar-

Shredded Romaine Lettuce
Sliced Tomatoes
Pickles

Pumpkin Soufflé

-Fruit Bar-

Applesauce Cup
Fresh Strawberries
Fresh Banana

14**-Choose 2 Grains-**

Spaghetti Noodles
Garlic Bread

-Choose 1 Protein-

Crispy Chicken Fillet
Meatballs

-Add-

Alfredo Sauce
OR Marinara Sauce
Steamed Broccoli

-Garden Vegetable Bar-

Baby Carrots
Celery Sticks
Pomegranate
Blueberry Spinach
Salad

-Fruit Bar-

Orange Wedges
Chilled Pineapple
Chunks
Fruit Crisp

15**-Choose 1 Protein & Grain-**

Chicken
& Waffles
Ham & Cheese
Croissant
Pizza Sticks
w/ Dipping Sauce

-Add-

Hot Spiced Apples

-Garden Vegetable Bar-

Tossed Salad
Broccoli Florets

-Fruit Bar-

Fresh Grape
Clusters
Chilled Mixed Fruit
Fresh Melon

18	19	20	21	22
-Choose 1-	-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-	-Choose 1 Protein & Grain-
Spicy Chicken w/ Bun	Chicken Enchilada	Lasagna	Chicken Parmesan	Popcorn Chicken
-Choose 2 Grains-	Spicy Beef Soft Tacos	w/ Garlic Bread	w/ Garlic Bread	w/ Dinner Roll
Cinnamon Roll	w/ Cheese	Corn Dog Nuggets	Steak & Cheese Stromboli	Mini Calzones
Rice	Cheese Quesadilla	Stuffed Crust Cheese Pizza	w/ Dipping Sauce	w/ Dipping Sauce
-Choose 1 Protein-	-Add-	-Add-	Pizza Sticks	Cheeseburger/Bun
Honey Fire Chicken	Black Beans	Kickin' Roasted Veggies	w/ Dipping Sauce	-Add-
Chicken Teriyaki	Baked Plantains	-Garden Vegetable Bar-	-Add-	Mashed Potatoes
-Add-	-Garden Vegetable Bar-	Tossed Salad	Parmesan Broccolini	w/ Gravy
Stir Fried Cabbage	Shredded Romaine Lettuce	Grape Tomatoes	-Garden Vegetable Bar-	Green Beans
-Garden Vegetable Bar-	Pico de Gallo	-Fruit Bar-	Layered Lettuce Salad	-Garden Vegetable Bar-
BLT Romaine Salad	-Fruit Bar-	Fresh Banana	Cauliflower Florets	Celery Sticks
Baby Carrots	Fresh Pear	Chilled Mandarin Oranges	-Fruit Bar-	Super Food Salad
Cucumber Slices	Chilled Peaches	Strawberry Shortcake	Orange Wedges	-Fruit Bar-
-Fruit Bar-	Mango Pineapple Salsa		Kiwi Wedges	Fresh Apple
Fresh Apple			Chilled Pineapple Chunks	Grapefruit Wedges
Frozen Fruit Juice Cup				Chilled Mixed Fruit
Chilled Pears & Red Grapes				

25	26	27	28	29
-Choose 1 Protein & Grain-	-Choose 2 Grains-	-Choose 1 Protein & Grain-	-Choose 2 Grains-	-Choose 1 Protein & Grain-
All Beef Hot Dog w/ Bun w/ Cheese Sauce Fiesta Queso Macaroni & Cheese w/ Garlic Bread Pepperoni Pizza	Rice Corn Tortilla Chips Flour Tortilla	Crispy Chicken w/ Bun Steak Sub w/ Cheese, American, Sliced Grilled Cheese Sandwich	Spaghetti Noodles Garlic Bread	Chicken
-Add-	-Choose 1 Protein-	-Add-	-Choose 1 Protein-	& Waffles
Baked Potato Broccoli & Cauliflower w/ Cheese Sauce	Southwest Chicken Spicy Beef	Baked Beans Potato Wedges	Crispy Chicken Fillet Meatballs	Ham & Cheese Croissant
-Garden Vegetable Bar-	-Add-	-Add-	-Add-	Pizza Sticks w/ Dipping Sauce
Greek Salad Baby Carrots	Golden Queso Refried Beans	Shredded Romaine Lettuce Sliced Tomatoes Pickles Pumpkin Soufflé	Alfredo Sauce OR Marinara Sauce Steamed Broccoli	-Add-
-Fruit Bar-	-Garden Vegetable Bar-	-Garden Vegetable Bar-	-Garden Vegetable Bar-	Hot Spiced Apples
Chilled Pears & Blueberries Graham Banana Bites Apple Wedges	Shredded Romaine Lettuce Diced Tomatoes Corn Salad	Shredded Romaine Lettuce Sliced Tomatoes Pickles Pumpkin Soufflé	Baby Carrots Celery Sticks Pomegranate Blueberry Spinach Salad	-Garden Vegetable Bar-
	-Fruit Bar-	-Fruit Bar-	-Fruit Bar-	Tossed Salad Broccoli Florets
	Chilled Peaches Fresh Pear Frozen Mixed Berry Cup	Applesauce Cup Fresh Strawberries Fresh Banana	Orange Wedges Chilled Pineapple Chunks Fruit Crisp	-Fruit Bar-
				Fresh Grape Clusters Chilled Mixed Fruit Fresh Melon

This institution is an equal opportunity provider.