

Middle School Lunch Menu October 2023

Meal Price:

Paid: \$3.50

Adult Lunch Meal: \$5.09+tax

More Info...

Daily Milk Offerings: 1% White, Fat Free White, Fat Free Chocolate (all antibiotic & hormone free)

Daily Fruit Offerings: Apple, Orange, Banana, 100% Apple Juice or 100% Fruit Punch

Daily Vegetable Offerings: Baby Carrots & Celery Sticks

Available Daily:

- Boar's Head Deli Sandwich **V**
- Grilled Cheese Sandwich on WG Bread **V**
- Bagel Meal: Fresh NY-Style Bagel w/ 2 Cheese Sticks OR Yogurt **V**
- Chicken Nuggets*
- Cheese Pizza **V**
- Pepperoni (P) Pizza

Please Note: (WG) denotes whole grain, (P) denotes item may contain pork, **V** denotes Vegetarian option, (*) denotes item offered with WG dinner roll(s)

All deli sandwiches made with Boar's Head meats

Grades K-12 are offer vs serve and must choose at least 3, up to 5, of the below mentioned items. One of the choices must be a fruit or vegetable.

-Meat/Meat Alternate

-Vegetable

-Whole Grain Item

-Fruit

-Milk



This institution is an equal opportunity provider.

2

Pizza Crunchers
Grape Tomatoes
Fruit of the Day 🍎
Milk of the Day

3

Mini Chicken Corn Dogs
Roasted Zucchini
Fruit of the Day 🍎
Milk of the Day

4

National Taco Day
Chicken Tacos w/ Lettuce,
Tomatoes, Cheese, Sour
Cream & Salsa
Black Beans
Fruit of the Day 🍎
Milk of the Day

5

Hamburger or
Cheeseburger
Waffle Fries
Fruit of the Day 🍎
Milk of the Day

6

Chicken & Vegetables
with Teriyaki Sauce 🍴
Fried Rice
Cucumber Coins
Fruit of the Day 🍎
Milk of the Day

9

**No School
Summer Recess**

10

Chicken or Cheese
Quesadilla on Tortilla 🍴
Black Beans
Steamed Corn
Fruit of the Day 🍎
Milk of the Day

11

Pepperoni (P) or Cheese
Calzone 🍴
Cucumber & Tomato
Salad
Fruit of the Day 🍎
Milk of the Day

12

Ham (P) & Swiss Melt on
French Toast 🍴
Broccoli
Fruit of the Day 🍎
Milk of the Day

13

Chicken Parmesan 🍴
Red Pepper Strips
Fruit of the Day 🍎
Milk of the Day

16

Homemade Mac &
Cheese* 🍴
Grape Tomatoes
Fruit of the Day 🍎
Milk of the Day

17

National Pasta Day
Baked Ziti w/ Garlic
Bread 🍴
Roasted Zucchini
Fruit of the Day 🍎
Milk of the Day

18

Pizza Crunchers
Steamed Spinach
Fruit of the Day 🍎
Milk of the Day

19

Bacon Cheeseburger
Chickpea Salad
Fruit of the Day 🍎
Milk of the Day

20

BBQ Chicken & Cheddar
Flatbread 🍴
Cucumber Coins
Fruit of the Day 🍎
Milk of the Day

23

Beef or Cheese
Quesadilla on Tortilla 🍴
Black Beans
Fruit of the Day 🍎
Milk of the Day

24

Pizza Chicken Meatball
Sub Melt 🍴
Broccoli
Fruit of the Day 🍎
Milk of the Day

25

Philly Cheesesteak on
WG Sub 🍴
Waffle Fries
Spinach Salad
Fruit of the Day 🍎
Milk of the Day

26

Homemade Mac &
Cheese* 🍴
Cucumber Coins
Fruit of the Day 🍎
Milk of the Day

27

National Potato Day
Fully Loaded Pizza w/
Chicken and Fries
Steamed Green Beans
Fruit of the Day 🍎
Milk of the Day

30

Pizza Crunchers
Grape Tomatoes
Fruit of the Day 🍎
Milk of the Day

31

Ham (P) & Cheese
Melt 🍴
Roasted Cauliflower
Fruit of the Day 🍎
Milk of the Day

**National Apple
Month**



**Made to order
Salad Bar
available every
Friday!**

🍎 Indicates a fresh produce.
🍴 Denotes item prepared
from scratch or speed scratch.