

October Middle School Menu



National School Lunch Week is 10/15-10/18!
Celebrate with us:
10/15- Lucky Tray Day!
10/16- Pajama Day!
10/17- Crazy Hat Day!
10/18- Raffle for 5 Days of Free Lunch!

Prices:
 Breakfast- \$1.75
 Reduced Breakfast- \$0.30
 Lunch- \$3.35
 Reduced Lunch- \$0.40
 Milk-\$0.85
 8oz Water- \$0.60
 Fruit and Veggie Bar Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
Honey BBQ or Buffalo Tossed Chicken Wings Veggie Crunchers Hummus Assorted Dips Oven Baked Fries Warm Dinner Roll Assorted Fruit	French Toast Sticks Maple Syrup Scrambled Eggs Hash Browns Orange Juice Assorted Fruit	National Kale Day! Breaded Chicken Drumstick Cornbread Kale Chips Assorted Fruit	Burrito Bar Bowl Beef or Chicken Lettuce, Tomato, Cheese Salsa Sour Cream Guacamole Spanish Rice Tortilla Assorted Fruit	World Smile Day! Pan Pizza Oven Baked Smiley Fries Caesar Salad Chilled Juice Assorted Fruit
7	8	9	10	11
Turkey Corn Dog Bites 3-Bean Veggie Chili Honey Glazed Carrots Assorted Fruit	Chicken Parmesan Sub Seasoned Potato Wedges Seasoned Peas Assorted Fruit	Orange Chicken Lo Mein Noodles Chinese Style Vegetables Pineapple Tidbits	Pan Pizza Cherry Tomato and Corn Salad 100% Fruit Juice Assorted Fruit	Early Release Day! Breakfast Available Bagged Lunches Available Upon Request
14	15	16	17	18
No School! 	Nachos! BBQ Pulled Pork or Fajita Chicken Queso Cheese Spanish Rice Cheesy Refried Beans Assorted Fruit	Pancakes Maple Syrup Scrambled Eggs Potato Home Fries Orange Juice Assorted Fruit	National Pasta Day! Pasta Bar! Penne or Spaghetti Marinara or Alfredo Cheesy Garlic Breadstick Green Beans Assorted Fruit	Pan Pizza Broccoli Salad Chilled Juice Warm Apple Crisp Fresh Fruit
21	22	23	24	25
Mac N' Cheese Bar! Assorted Toppings: Crispy Buffalo Chicken Seasoned Peas Bacon Bits Italian Seasoned Vegetables Assorted Fruit	Turkey Pot Pie Garlic Mashed Potatoes Whole Kernel Corn Warm Dinner Roll Assorted Fruit	Burger Bar! Assorted Toppings Oven Baked Sweet Potato Fries Coleslaw Assorted Fruit	Mozzarella Sticks Marinara Sauce Caesar Salad Garlic Bread Texas Toast Assorted Fruit	Pan Pizza Veggie Crunchers Hummus Chilled Juice Assorted Fruit
28	29	30	31	1
Chicken Tenders Assorted Dipping Sauces Lightly Buttered Noodles Honey Glazed Carrots Assorted Fruit	Quesadillas! Buffalo Chicken or Veggie Salsa Sour Cream Guacamole Spanish Rice Assorted Fruit	Fried Ravioli Marinara Sauce Lemon Zest Broccoli Cheesy Garlic Breadstick Assorted Fruit	BBQ "Boo" Roasted Chicken Spooky Seasoned Peas Mini Corn on the "Cobweb" Finger Potato Wedges Assorted Fruit	Pan Pizza Caesar Salad Chilled Juice Fresh Fruit

Questions? Contact Us: 978-247-5520
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Need to put money on your student's account? Use www.sendmoneytoschool.com

To see if your family qualifies for free/reduced priced meals, please fill out an application. This can be done online via www.lunchapp.com. Applications must be filled out yearly.

Menu subject to change due to product availability and/or school cancellations

This institution is an equal opportunity provider

October Middle School Sandwich and Salad Menu



Prices:
 Breakfast- \$1.75
 Reduced Breakfast- \$0.30
 Lunch- \$3.35
 Reduced Lunch- \$0.40
 Milk- \$0.85
 8oz Water- \$0.60

Monday 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Buffalo Chicken Sub Salami and Cheese Wrap Apple and Craisin Salad with Feta and Pita	Crispy Chicken Sandwich Grilled Cheese Chicken Caesar Salad or Caesar Salad with Pita	Steak and Cheese Sub Deli Bar Greek Salad with Feta and Pita	Sausage Egg and Cheese on a Bagel Deli Bar Garden Salad with Buffalo Chicken (GF) and Pita	Tuna Sandwich and Chips Chef's Choice Chicken Bacon Ranch Salad and Pita
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Meatball Sub with Provolone BLT on Multigrain Bread Asian Chicken Salad and Pita	BBQ Grilled Chicken Sandwich Grilled Ham and Cheese Mexican Tortilla Salad	Crispy Fishwich w/Cheese Deli Bar Cobb Salad and Pita	Ham Egg and Cheese on a Bagel Deli Bar Crispy Chicken (GF) Garden Salad and Pita	Early Release Day! Breakfast Available Bagged Lunches Available Upon Request
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
No School! 	Crispy Chicken Sandwich Grilled Cheese Chicken Caesar Salad or Caesar Salad with Pita	Cereal Served with Yogurt Deli Bar Greek Salad with Feta and Pita	Sausage Egg and Cheese on a Bagel Deli Bar Garden Salad with Buffalo Chicken (GF) and Pita	Egg Salad Sandwich and Chips Chef's Choice Chicken Bacon Ranch Salad and Pita
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Meatball Sub with Provolone BLT on Multigrain Bread Asian Chicken Salad and Pita	BBQ Grilled Chicken Sandwich Grilled Ham and Cheese Mexican Tortilla Salad	Crispy Fishwich w/ Cheese Deli Bar Cobb Salad and Pita	Ham Egg and Cheese on a Bagel Deli Bar Crispy Chicken (GF) Garden Salad and Pita	Mediterranean Wrap and Chips Chef's Choice Salami and Cheese Salad
Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1
Buffalo Chicken Sub Salami and Cheese Wrap Apple and Craisin Salad with Feta and Pita	Crispy Chicken Sandwich Grilled Cheese Chicken Caesar Salad or Caesar Salad with Pita	Steak and Cheese Sub Deli Bar Greek Salad with Feta and Pita	Bacon Egg and Cheese on a Bagel Deli Bar Garden Salad with Buffalo Chicken (GF) and Pita	Tuna Sandwich and Chips Chef's Choice Chicken Bacon Ranch Salad and Pita

BREAKFAST MENU

Monday- Breakfast Sandwich Variety!
 Tuesday- Build your own Breakfast Flatbread!
 Wednesday- Pancakes with Sausage Patty!
 Thursday- Cheesy Breakfast Burrito!
 Friday- Waffles and Turkey Bacon!

Available Daily: Cereal, Muffins, Bagels, Smoothies, and Yogurt. All Breakfasts come with fruit and fat-free or 1% milk

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