

Monday
Tuesday
Wednesday
Thursday
Friday

In addition to the daily items below Muscatel middle school will offer:

Spicy Chicken Sandwich (M-F)
 Garden House Salad with Chips (M-F)

**** New** Shake Ramen Thursday**

Yogurt Parfait (M-F)

Chicken Wings with Macaroni Salad & Dipping Sauce (Wed & Fri)

Pizza Hut Tuesday

1

In and Out Style Hamburger
 Vegan Burger
 Tomatoes and Lettuce Cup
 Parmesan Tater Tots

4

Carnitas Nachos
 Or
 Cheesy Nachos with
 Guacamole and Pico De Galo

5

Breaded Chicken Tenders with
 Sun Chips
 Or
 Galaxy Cheese Pizza

6

Beef Lasagna with Garlic Toast
 Or
 Grilled Cheese Sandwich
 Frozen Fruit Cup

7

Chicken Fried Rice Bowl
 Or
 Fruity Yogurt Parfait

8

Breaded Chicken Sandwich
 Or
 Bean and Cheese Burrito

11

Chicken Nuggets, Mashed
 Potatoes, Corn and Gravy Bowl
 with Honey Dinner Roll
 Or
 Crunchy Pollock Nuggets with
 Chips

12

Pizza Hut Pepperoni Pizza
 Or
 Pizza Hut Cheese Pizza

13

Pull Apart Mozzarella Sticks
 with Marinara dip
 Or
 Protein Box
Minimum Day TK-6

14

Mini Cheese Burgers
 Or
 Peanut Butter and Jelly
 Sandwich
Minimum Day TK-6

15

Chicken Corn Dog with Chips
 Or
 Cheese Quesadilla with
 Guacamole and Salsa
Minimum Day TK-6

18

Famous Chicken and Waffle
 Sandwich
 Or
 Vegetarian Chili with Corn
 Bread

19

Bella Rosa Pepperoni Pizza
 Or
 Vegetable Pizza
 Frozen Fruit Ice Cup
 Green House Salad

20

Spaghetti with Meatballs with
 Garlic Toast
 Or
 Broccoli Cheddar Bake
 Macaroni with Garlic Toast

21

Teriyaki Chicken with Steamed
 Brown Rice
 Or
 Breaded Tofu with Steamed
 Brown Rice

22

In and Out Style Hamburger
 Or
 Vegan Burger
 Tomatoes and Lettuce Cup
 Parmesan Tater Tots

25

Carnitas Nachos
 Or
 Cheesy Nachos with
 Guacamole and Pico De Galo

26

Breaded Chicken Tenders with
 Sun Chips
 Or
 Galaxy Cheese Pizza

27

Beef Lasagna with Garlic Toast
 Or
 Grilled Cheese Sandwich
 Frozen Fruit Cup

28

Chicken Fried Rice Bowl
 Or
 Fruity Yogurt Parfait

29

Halloween Nuggets with
 Sweet Potato Tater Tots
 Or
 Pumpkin Yogurt Parfait
 Pumpkin Cookie

All meals are offered with non-fat chocolate or 1% or non-fat white milk, ½ a cup of vegetables and ½ cup fruit.
 All grains are whole grain-rich. Please visit our website www.rosemead.k12.ca.us for further details or call our office team at (626)312 -2900

ext. 254 or 255

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