

# OCTOBER 2021

## MIDDLE SCHOOL LUNCH MENU


**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**


**Cheese Crunchers** **4**  
 w/ Marinara Sauce  
 Garden Salad  
 Broccoli, Carrots  
 Choice of Fruit  
 Choice of Milk

**Taco Bar w/choice** **5**  
**of Beef or Chicken**  
 Garden Salad  
 Pinto Beans, Corn  
 Choice of Fruit  
 Choice of Milk

**Chicken Tenders** **6**  
**Macaroni & Cheese**  
 Garden Salad  
 Green Beans  
 Choice of Fruit  
 WG Cookie  
 Choice of Milk

**BBQ Sandwich** **7**  
**Garden Salad**  
**Seasoned Potato Wedges**  
**Baked Beans**  
 Choice of Fruit  
 Choice of Milk

**Chicken & Cheese** **8**  
**Quesadillas**  
 Garden Salad  
 Roasted Red Potatoes  
 Baby Carrots w/ Ranch  
 Choice of Fruit  
 Choice of Milk

**Stuffed Crust Dippers** **11**  
**w/ Marinara Sauce**  
 Garden Salad  
 Mashed Potatoes  
 Green Beans  
 Choice of Fruit  
 Choice of Milk

**Nacho's with Chili** **12**  
**and Cheese**  
 Garden Salad  
 Pinto Beans, Corn  
 Choice of Fruit  
 Choice of Milk

**Orange Chicken** **13**  
**Brown Rice**  
 Garden Salad  
 Broccoli, Carrots  
 Choice of Fruit  
 WG Cookie  
 Choice of Milk

**Meatball & Cheese** **14**  
**Sub**  
 Garden Salad  
 Tater Tots, Baked Beans  
 Choice of Fruit  
 Choice of Milk

**Wing Bar** **15**  
**WG Roll**  
 Garden Salad  
 Roasted Red Potatoes  
 Baby Carrots w/Ranch  
 Choice of Fruit  
 Choice of Milk

**Cheese Crunchers** **18**  
**w/ Marinara Sauce**  
 Garden Salad  
 Broccoli, Carrots  
 Choice of Fruit  
 Choice of Milk

**Taco Bar w/choice** **19**  
**of Beef or Chicken**  
 Garden Salad  
 Pinto Beans, Corn  
 Choice of Fruit  
 Choice of Milk

**Chicken Tenders** **20**  
**Macaroni & Cheese**  
 Garden Salad  
 Green Beans  
 Choice of Fruit  
 WG Cookie  
 Choice of Milk

**BBQ Sandwich** **21**  
**Garden Salad**  
**Seasoned Potato Wedges**  
**Baked Beans**  
 Choice of Fruit  
 Choice of Milk

**Chicken & Cheese** **22**  
**Quesadillas**  
 Garden Salad  
 Roasted Red Potatoes  
 Baby Carrots w/ Ranch  
 Choice of Fruit  
 Choice of Milk

**Stuffed Crust Dippers** **25**  
**w/ Marinara Sauce**  
 Garden Salad  
 Mashed Potatoes  
 Green Beans  
 Choice of Fruit  
 Choice of Milk

**Nacho's with Chili** **26**  
**and Cheese**  
 Garden Salad  
 Pinto Beans, Corn  
 Choice of Fruit  
 Choice of Milk

**Orange Chicken** **27**  
**Brown Rice**  
 Garden Salad  
 Broccoli, Carrots  
 Choice of Fruit  
 WG Cookie  
 Choice of Milk

**Meatball & Cheese** **28**  
**Sub**  
 Garden Salad  
 Tater Tots, Baked Beans  
 Choice of Fruit, **Ice Cream**  
 Choice of Milk



MENUS ARE SUBJECT TO CHANGE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



**Everyday Lunch Options:**  
**Chicken Sandwich (Regular or Spicy),**  
**Hamburger or Cheeseburger, Popcorn Chicken**  
**Cheese or Pepperoni Pizza, Salad Entrees**  
**(Crispy Chicken or Buffalo Chicken)**