

Middle School Lunch Menu

October 2015

Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
						1 Bean & Cheese Burrito 41 Salsa 4 Fresh Spinach Salad 10 Craisins Strawberry Milk (assorted) 36 Milk (assorted) 15		2 Big Daddy Pepperoni Pizza 43 Cucumber Slices 0 Zucchini Slices 2 Ranch Dressing 8 Banana 29 Milk (assorted) 15	
5 Macaroni & Cheese 31 Romaine Salad 6 Ranch Dressing 1 Cherry Tomatoes 1 Green Grapes 15 Milk (assorted) 15		6 Hot Dog 1 WG Bun 27 Potato Wedges 22 Chili 26 Diced Tomatoes 2 Fruit Slushie 20 Milk (assorted) 15		7 Cheeseburger 29 Sweet Corn 17 Black Bean Salsa 11 Diced Peaches 13 Milk (assorted) 15		8 Cheese Quesadilla 40 Broccoli 2 Refried Beans 20 Orange Wedges 21 Milk (assorted) 15		9 Institute Day No School	
12 Columbus Day No School		13 Cheese Sticks 33 Red Dipping Sauce 12 Sweet Corn 9 Craisins Strawberry Milk (assorted) 36 Milk (assorted) 15		14 Popcorn Chicken 16 Smiley Potatoes 24 Black Bean Salsa 11 Diced Peaches# 13 Milk (assorted) 15		15 Corn Dog Nuggets 22 Fresh Spinach Salad 5 Baked Beans 15 Golden Delicious Apple 22 Milk (assorted) 15		16 Big Daddy Cheese Pizza 43 Cucumber Slices 0 Baby Carrots 3 Ranch Dressing 1 Orange Wedges 21 Milk (assorted) 15	
19 Rotini Pasta 41 Meatballs 5 Spaghetti Sauce 14 Edamame 3 Raisels 26 Milk (assorted) 15		20 BBQ Rib 3 WG Bun 27 Romaine Salad 3 Ranch Dressing 1 Celery Sticks 1 Mandarin Oranges 17 Milk (assorted) 15		21 Chicken Patty 16 WG Bun 26 Mashed Potatoes 17 Baby Carrots 8 Applesauce 15 Milk (assorted) 15		22 Chicken Wrap*# 35 Lettuce & Tomato Cup 3 Wango Mango Juice# 13 Diced Peaches# 17 Milk (assorted) 15		23 Shrimp Poppers 22 Tarer Rounds 19 Garbanzo Beans 10 Orange Juice 13 Milk (assorted) 15	
26 Corn Dog Nuggets 22 Mashed Potatoes 17 Black Beans 9 Red Delicious Apple 22 Milk (assorted) 15		27 Cheese Ravioli 24 Garlic Toast 12 Spaghetti Sauce 14 Tarer Rounds 10 Orange Wedges 21 Milk (assorted) 15		28 Popcorn Chicken 16 BBQ Sauce 9 Sweet Potato Fries 19 Lima Beans 8 Chilled Pears 14 Milk (assorted) 15		29 Bean & Cheese Burrito 41 Salsa 4 Fresh Spinach Salad 10 Craisins Strawberry Milk (assorted) 36 Milk (assorted) 15		30 Big Daddy Pepperoni Pizza 43 Cucumber Slices 0 Zucchini Slices 2 Ranch Dressing 8 Banana 29 Milk (assorted) 15	

Premium Option		
New this year, on Wednesdays D158 Middle Schools will offer an alternate, premium entrée featuring a larger portion and an extra side for \$3.00.		
October 7	Roast Turkey	0
	Bread Sticks	13
	Mashed Potatoes	17
	Gravy	4
	Green Beans	3
	Apple Slices	8
	Juice	15
	Milk	15
October 14	Baked Chicken	0
	Bread Sticks	13
	Mashed Potatoes	17
	Gravy	4
	Sweet Corn	17
	Apple Slices	8
	Juice	15
	Milk	15
October 21	Roast Pork	8
	Bread Sticks	13
	Mashed Potatoes	17
	Gravy	4
	Green Beans	3
	Apple Slices	8
	Juice	15
	Milk	15
October 28	Meatloaf	6
	Bread Sticks	13
	Mashed Potatoes	17
	Gravy	4
	Sweet Corn	17
	Apple Slices	8
	Juice	14
	Milk	15

Additional Entrée Choice:
 Mon Chicken Patty
 Tue Pizza
 Wed Hamburger/Cheeseburger
 Thu Chicken Nuggets
 Fri Nachos Supreme

Daily Alternate entrée Choices
 46 Chef's Salad with Turkey & Cheese 26g
 43 Cheese Sandwich on WG Bread 32g
 32/3: Yogurt Lunch 47g
 16 Turkey Sandwich on Gold Fish Bread 22.5g
 42

All meals served with choice of Milk & 1/2 cup 100% Fruit Juice (15)
 Lunch \$2.70
 Milk \$.40



For students with allergies or other nutritional concerns, please visit your school's food service office, where full nutritional information is available.