

# Middle School Lunch Menu October 2016

Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>	
Macaroni & Cheese	31	Hot Dog	1	Cheeseburger	29	Green Chili Quesadilla	32	<b>INSTITUTE DAY NO SCHOOL</b>	
Romaine Salad	3	WG Bun	27	WG Bun	17	Salsa	8		
Ranch Dressing	1	Potato Wedges	22	Sweet Corn	11	Fresh Spinach Salad	10		
Cherry Tomatoes	1	Chili	26	Black Bean Salsa	13	Craisins Strawberry	36		
Green Grapes	15	Diced Tomatoes	2	Diced Peaches	15	Milk (assorted)	15		
Milk (assorted)	15	Fruit Slushie	20	Milk (assorted)	15				
		Milk (assorted)	15						
<b>10</b>		<b>11 **Fruit Gummy Day**</b>		<b>12</b>		<b>13</b>		<b>14</b>	
<b>COLUMBUS DAY NO SCHOOL</b>		Cheese Sticks	33	Popcorn Chicken	16	Corn Dog Nuggets	22	Big Daddy Cheese Pizza	36
		Red Dipping Sauce	12	Smiley Potatoes	24	Fresh Spinach Salad	5	Cucumber Slices	0
		Cucumber Slices	9	Edamame	11	Baked Beans	15	Baby Carrots	3
		Ranch Dressing	1	Diced Peaches	13	Golden Delicious Apple	22	Ranch Dressing	1
		Chilled Pears	15	Milk (assorted)	15	Milk (assorted)	15	Orange Wedges	21
		Milk (assorted)	15					Milk (assorted)	15
<b>17</b>		<b>18</b>		<b>19</b>		<b>20 **Fruit Gummy Day**</b>		<b>21</b>	
Rotini Pasta	41	Pancakes WG / Syrup	30/1	Chicken Patty	16	Chicken Wrap	35	Shrimp Poppers	22
Meatballs	5	Sausage Patty	1	WG Bun	27	Lettuce & Tomato Cup	3	Tater Rounds	19
Spaghetti Sauce	14	Romaine Salad / Ranch	3/1	Mashed Potatoes	17	Wango Mango Juice	13	Garbanzo Beans	10
Edamame	11	Celery Sticks	1	Baby Carrots	8	Diced Peaches	17	Orange Juice	13
Chilled Pears	26	Mandarin Oranges	17	Applesauce	15	Milk (assorted)	15	Milk (assorted)	15
Milk (assorted)	15	Milk (assorted)	13	Milk (assorted)	15				
<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>	
Corn Dog Nuggets	22	Pizza Bites	29	Popcorn Chicken	16	Nacho Bites	32	Big Daddy Pepperoni Pizza	43
Fresh Spinach Salad	10	Red Dipping Sauce	12	BBQ Sauce	9	Salsa	8	Cucumber Slices	0
Cherry Tomatoes	2	Tater Rounds	10	Sweet Potato Fries	19	Fresh Spinach Salad	10	Zucchini Slices	2
Red Delicious Apple	22	Orange Wedges	21	Lima Beans	8	Craisins Strawberry	36	Ranch Dressing	8
Milk (assorted)	15	Milk (assorted)	15	Chilled Pears	14	Milk (assorted)	15	Banana	29
								Milk (assorted)	15
<b>31 **Halloween Treat**</b>									
Macaroni & Cheese	31								
Romaine Salad	3								
Ranch Dressing	1								
Cherry Tomatoes	1								
Green Grapes	15								
Milk (assorted)	15								

**PREMIUM OPTION**  
An alternate premium entrée featuring a larger portion and an extra side for \$3.00.

**October 5**  
Meatloaf (6)  
Bread Sticks (13)  
Mashed Potatoes (17)  
Gravy (4)  
Sweet Corn (17)  
Apple Slices (8)  
Juice (15)  
Milk (15)

**October 12**  
Baked Chicken (0)  
Bread Sticks (13)  
Mashed Potatoes (17)  
Gravy (4)  
Sweet Corn (17)  
Apple Slices (8)  
Juice (15)  
Milk (15)

**October 19**  
Italian Beef (0)  
WG Bun (27)  
Mashed Potatoes (17)  
Gravy (4)  
Sweet Corn (17)  
Apple Slices (8)  
Juice (15)  
Milk (15)

**October 26**  
Grilled Chicken (1)  
WG Bun (27)  
Mashed Potatoes (17)  
Gravy (4)  
Sweet Corn (17)  
Apple Slices (8)  
Juice (15)  
Milk (15)

**Prices**

Lunch: \$2.75  
Milk: \$0.40

**Menu subject to change.**

Advance notice will be given when possible. When viewing menu online click any individual item to view full nutritional information.

**Disclaimer About Carbs**

The carbohydrate information provided is to the best of our knowledge by information received from the product manufacturer. Please note that food product substitutions made due to food shortages may alter the carbohydrate information indicated on the menu.

**Alternate Options**

Mon	Hot Dog	28	Chef's Salad with Turkey & Cheese	26
Tue	Pizza	43	Cheese Sandwich on WG Bread	32
Wed	Hamburger/Cheeseburger	32/33	Yogurt Lunch	47
Thu	Chicken Nuggets	16	Turkey Sandwich on Gold Fish Bread	23
Fri	Nachos Supreme	42		