

October 2021

Middle School Lunch Menu

Additional Nutrient Information

Crispy Chicken Salad
Pizza
Hamburger
Chicken Filet Sandwich

**Monday/ Wednesday/
Friday**
Salad Bar

Tuesday
Fresh Fruit and Vegetable Bar

Monday	Tuesday	Wednesday	Thursday	Friday
				1 BBQ Roasted Chicken Chicken Biscuit Salad Bar Fresh Fruit Chocolate Milk White Milk
4 Oven Roasted Chicken Classic Grilled Cheese Sandwich Salad Bar Fresh Fruit Chocolate Milk White Milk	5 Tater Tot Nacho Bar Seasoned Chicken Taco Beef Whole Grain Roll Fruit and Vegetable Bar Chocolate Milk White Milk	6 Teriyaki Chicken General Tso's Chicken Fried Rice Salad Bar Fresh Fruit Chocolate Milk White Milk	7 Brunch Bar Biscuit Country Gravy Western Omelet Pork Sausage Patty Fresh Fruit Potatoes O'Brien Baby Carrots with Dip Chocolate Milk White Milk	8 St. Louis Style BBQ Ribs BBQ Pulled Pork Sandwich Mac and Cheese Salad Bar Fresh Fruit Chocolate Milk White Milk
11 Fiona's Baked Penne Pie Meatball Sub Salad Bar Fresh Fruit Chocolate Milk White Milk	12 Nacho Bar Seasoned Chicken Taco Beef Fruit and Vegetable Bar Chocolate Milk White Milk	13 Chicken Pot Pie Chicken Parmesan Sandwich Salad Bar Fresh Fruit Chocolate Milk White Milk	14 Shepherd's Pie Fish and Chips French Fries Whole Grain Roll Glazed Carrots Fresh Fruit Chocolate Milk White Milk	15 Chicken Wing Bar Salad Bar Fresh Fruit Chocolate Milk White Milk
18	19	20 Baked Potato Bar Chili with Beans BBQ Pulled Pork Salad Bar Fresh Fruit Chocolate Milk White Milk	21 Roast Turkey with Gravy Meatloaf Whole Grain Roll Glazed Carrots Fresh Fruit Chocolate Milk White Milk	22 BBQ Roasted Chicken Chicken Biscuit Salad Bar Fresh Fruit Chocolate Milk White Milk
NO SCHOOL	NO SCHOOL			
25 Oven Roasted Chicken Classic Grilled Cheese Sandwich Salad Bar Fresh Fruit Chocolate Milk White Milk	26 Tater Tot Nacho Bar Seasoned Chicken Taco Beef Whole Grain Roll Fruit and Vegetable Bar Chocolate Milk White Milk	27 Teriyaki Chicken General Tso's Chicken Fried Rice Salad Bar Fresh Fruit Chocolate Milk White Milk	28 Brunch Bar Biscuit Country Gravy Western Omelet Pork Sausage Patty Fresh Fruit Potatoes O'Brien Baby Carrots with Dip Chocolate Milk White Milk	29 St. Louis Style BBQ Ribs BBQ Pulled Pork Sandwich Mac and Cheese Salad Bar Fresh Fruit Chocolate Milk White Milk