

October 2018

Middle School LUNCH MENU

Lunch Prices

Secondary	\$2.45
Adult	\$3.75
Reduced	No Charge
Milk Carton	\$0.45
Month	\$51.45

Students who elect to bring a meal from home and who would like to have milk with their meal are able to purchase milk at school. Meal benefits DO NOT apply.

Fruit & Vegetable Selection available daily

*Indicates item may contain pork.

Allergy Information:

This menu may contain one or more of the following ingredients: milk, eggs, peanuts, soybeans, tree nuts, and wheat.

Meatless options available daily, located in the shaded areas on the menu.

The planned lunch meal provides 600-700 calories, <10% saturated fat, and 0g trans fats!

~Average gram (g) of carbohydrate

Menu subject to change due to product availability and weather delays/cancellations.

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Crispy Chicken Strips~16g Cheese Bites w/Pizza Sauce~35g	2 *Breakfast Croissant~31g Chicken Drumstick w/Mac & Cheese~42g	3 Chicken Alfredo~40g w/Garlic Breadstick~15g Sloppy Joe~41g	4 Beef & Cheese Nachos~38g Pizza Slice~34g	5 Sweet & Sour Chicken~18g w/Rice~35g or Lo Mein~31g *Pork Street Tacos~29g
Cheese Bites w/Pizza Sauce~35g	Egg & Cheese Croissant~31g	Fruit & Yogurt Pack~68g	Bean & Cheese Nachos~62g	Hummus and Flatbread~55g
8 French Toast Sticks w/Turkey Sausage~43g Chicken Fajita~34g	9 Hamburger/ Cheeseburger~32g Cheese Ravioli~56g w/Garlic Toast~15g	10 Mini Corndogs~30g Crispy Chicken Sandwich~44g	11 Walking Taco~28g Italian Dunker w/Pizza Sauce~37g	12 Southern Style Chicken & Waffles~32g Philly Cheesesteak~50g
French Toast w/Cottage Cheese~43g	Cheese Ravioli~58g	Fruit & Yogurt Pack~68g	Italian Dunker w/Pizza Sauce~37g	Hummus and Flatbread~55g
15 Crispy Chicken Strips~16g Cheese Bites w/Pizza Sauce~35g	16 *Breakfast Croissant~31g Chicken Drumstick w/Mac & Cheese~42g	17 Chicken Alfredo~40g w/Garlic Breadstick~15g Sloppy Joe~41g	18 No School	19 No School
Cheese Bites w/Pizza Sauce~35g	Egg & Cheese Croissant~31g	Fruit & Yogurt Pack~68g		
22 French Toast Sticks w/Turkey Sausage~43g Chicken Fajita~34g	23 Hamburger/ Cheeseburger~32g Cheese Ravioli~56g w/Garlic Toast~15g	24 Mini Corndogs~30g Crispy Chicken Sandwich~44g	25 Walking Taco~28g Italian Dunker w/Pizza Sauce~37g	26 Southern Style Chicken & Waffles~32g Philly Cheesesteak~50g
French Toast w/Cottage Cheese~43g	Cheese Ravioli~58g	Fruit & Yogurt Pack~68g	Italian Dunker w/Pizza Sauce~37g	Hummus & Flatbread~55g
29 Crispy Chicken Strips~16g Cheese Bites w/Pizza Sauce~35g	30 *Breakfast Croissant~31g Chicken Drumstick w/Mac & Cheese~42g	31 Chicken Alfredo~40g w/Garlic Breadstick~15g Sloppy Joe~41g	Salad and Sub Bar Available Daily!	
Cheese Bites w/Pizza Sauce~35g	Egg & Cheese Croissant~31g	Fruit & Yogurt Pack~68g		

October 2018

Middle School BREAKFAST MENU

Breakfast Prices:

Secondary	\$1.35
Adult	\$1.80
Reduced	No Charge
Milk Carton	\$0.45
Month	\$28.35

Students who elect to bring a meal from home and who would like to have milk with their meal are able to purchase milk at school. Meal benefits DO NOT apply.

*Cereal is available daily.

Allergy Information:

This menu may contain one or more of the following ingredients: milk, eggs, peanuts, soybeans, tree nuts, and wheat.

The planned lunch meal provides 400-550 calories, <10% saturated fat, and 0g trans fats!

~ Average gram (g) of carbohydrate

Menu subject to change due to product availability and weather delays/cancellations.

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Kellogg: Egg & Cheese Sandwich on English Muffin~24g JA & WC: Egg & Cheese Sandwich~19g All Sites: Fruit Filled Strudel~37g	2 Kellogg: Breakfast Bites~23g JA & WC: Mini Pancakes~35g All Sites: Yogurt Parfait~60g	3 All Sites: Pineapple Mango Smoothie w/Graham Crackers~65g Oatmeal Chocolate Chip Breakfast Bar~47g	4 Kellogg: Breakfast Pizza~24g JA & WC: Turkey Sausage & Cheese Pita~15g All Sites: Breakfast Bread~43g	5 All Sites: Fresh Baked Muffin~60g Egg & Cheese Wrap~14g
8 Kellogg: Egg & Cheese Sandwich on English Muffin~24g JA & WC: Egg & Cheese Sandwich~19g All Sites: Fruit Filled Strudel~37g	9 Kellogg: Breakfast Bites~23g JA & WC: Mini Pancakes~35g All Sites: Yogurt Parfait~60g	10 All Sites: Very Berry Smoothie w/Graham Crackers~74g French Toast Breakfast Bar~47g	11 Kellogg: Breakfast Pizza~24g JA & WC: Turkey Sausage & Cheese Pita~15g All Sites: Breakfast Bread~43g	12 All Sites: Fresh Baked Muffin~60g Egg & Cheese Wrap~14g
15 Kellogg: Egg & Cheese Sandwich on English Muffin~24g JA & WC: Egg & Cheese Sandwich~19g All Sites: Fruit Filled Strudel~37g	16 Kellogg: Breakfast Bites~23g JA & WC: Mini Pancakes~35g All Sites: Yogurt Parfait~60g	17 All Sites: Strawberry Banana Smoothie w/Graham Crackers~70g Oatmeal Chocolate Chip Breakfast Bar~47g	18 No School	19 No School
22 Kellogg: Egg & Cheese Sandwich on English Muffin~24g JA & WC: Egg & Cheese Sandwich~19g All Sites: Fruit Filled Strudel~37g	23 Kellogg: Breakfast Bites~23g JA & WC: Mini Pancakes~35g All Sites: Yogurt Parfait~60g	24 All Sites: Pineapple Mango Smoothie w/Graham Crackers~65g French Toast Breakfast Bar~47g	25 Kellogg: Breakfast Pizza~24g JA & WC: Turkey Sausage & Cheese Pita~15g All Sites: Breakfast Bread~43g	26 All Sites: Fresh Baked Muffin~60g Egg & Cheese Wrap~14g
29 Kellogg: Egg & Cheese Sandwich on English Muffin~24g JA & WC: Egg & Cheese Sandwich~19g All Sites: Fruit Filled Strudel~37g	30 Kellogg: Breakfast Bites~23g JA & WC: Mini Pancakes~35g All Sites: Yogurt Parfait~60g	31 All Sites: Very Berry Smoothie w/Graham Crackers~74g Oatmeal Chocolate Chip Breakfast Bar~47g		