

October 2022

Middle School Lunch

MON	TUE	WED	THU	FRI
<p>3 Entrees Personal Cheese Pizza V Batter Up Beef Frank</p> <p>Sides (3-4) French Fries Steamed Broccoli Chilled Peaches Assorted Juice</p> <p>Grab N Go Vegetarian Chef Salad V</p>	<p>4 Entrees Nashville Hot Mega Minis with Texas Toast Grilled Cheese V</p> <p>Sides (3-4) Tossed Salad Roasted Sweet Potato Diced Pears Assorted Fresh Fruit</p> <p>Grab N Go Charbroiled Chicken Chef Salad</p>	<p>5 Entrees Buffalo Chicken Dip With Tortilla Chips Hamburger</p> <p>Sides (3-4) Celery & Carrot Sticks Whole Kernel Corn Chilled Fruit Medley Fresh Banana</p> <p>Grab N Go Yogurt and Fruit Plate</p>	<p>6 Entrees Bean & Cheese Burrito V Breaded Beef Sandwich</p> <p>Sides (3-4) Mixed Green Salad Fiesta Black Beans Applesauce Assorted Juice</p> <p>Grab N Go Chicken Tender Chef Salad</p>	<p>7 7</p> <p>5</p> <p>Professional Development Day</p> <p>(</p>
<p>10</p> <p><i>Fall Break</i></p> 	<p>11 Entrees Beef & Cheese Nachos Cheese Nachos V Grilled Chicken Sandwich</p> <p>Sides (3-4) Shredded Lettuce & Tomato Mexicali Corn Mandarin Oranges Fresh Banana</p> <p>Grab N Go Fajita Chicken Chef Salad</p>	<p>12 Entrees Wild Mike's Cheese Pizza V Wild Mike's Pepperoni Pizza Texas BBQ Sandwich</p> <p>Sides (3-4) Mixed Green Salad Roasted Carrots Chilled Pineapple Assorted Fresh Fruit</p> <p>Grab N Go Chicken Tender Chef Salad</p>	<p>13 Entrees BBQ Chicken/Roll Breaded Beef Steak/Gravy/Roll</p> <p>Sides (3-4) Mashed Potatoes Deluxe Green Beans Cinnamon Applesauce Assorted Fresh Fruit</p> <p>Grab N Go Vegetarian Chef Salad</p>	<p>14 Entrees Mini Cheese Calzone with Italian Dipping Sauce Fish Filet Sandwich</p> <p>Sides (3-4) Power Kale Salad Baked Sweet Potato Chilled Fruit Medley Seasonal Fresh Fruit</p> <p>Grab N Go Club Shaker Salad</p>
<p>17 Entrees Personal Cheese Pizza V Batter Up Beef Frank</p> <p>Sides (3-4) French Fries Broccoli Chilled Peaches Assorted Juice</p> <p>Grab N Go Vegetarian Chef Salad V</p>	<p>18 Entrees Maple Chicken Mega Minis with Texas Toast Grilled Cheese V</p> <p>Sides (3-4) Tossed Salad Roasted Sweet Potato Diced Pears Assorted Fresh Fruit</p> <p>Grab N Go Charbroiled Chicken Chef Salad</p>	<p>19 Entrees Buffalo Chicken Dip With Tortilla Chips Hamburger</p> <p>Sides (3-4) Celery & Carrot Sticks Whole Kernel Corn Chilled Fruit Medley Fresh Banana</p> <p>Grab N Go Yogurt and Fruit Plate</p>	<p>20 Entrees Bean & Cheese Burrito V Breaded Beef Sandwich</p> <p>Sides (3-4) Mixed Green Salad Fiesta Black Beans Applesauce Assorted Juice</p> <p>Grab N Go Chicken Tender Chef Salad</p>	<p>21 Entrees Chicken Tenders/Roll Veggie Burger v</p> <p>Sides (3-4) Garden Salad Italian Green Beans Mandarin Oranges Assorted Fresh Fruit</p> <p>Grab N Go Fajita Chicken Chef Salad</p>
<p>24 Entrees Stuffed Cheese Bites V Cheeseburger</p> <p>Sides (3-4) Coleslaw Baked Beans Diced Pears Seasonal Fresh Fruit</p> <p>Grab N Go Nut Butter & Jelly Plate V</p>	<p>25 Entrees Beef & Cheese Nachos Cheese Nachos V Grilled Chicken Sandwich</p> <p>Sides (3-4) Shredded Lettuce & Tomato Mexicali Corn Mandarin Oranges Fresh Banana</p> <p>Grab N Go Fajita Chicken Chef Salad</p>	<p>26 Entrees Wild Mike's Cheese Pizza V Wild Mike's Pepperoni Pizza Texas BBQ Sandwich</p> <p>Sides (3-4) Mixed Green Salad Roasted Carrots Chilled Pineapple Assorted Fresh Fruit</p> <p>Grab N Go Chicken Tender Chef Salad</p>	<p>27 Entrees BBQ Chicken/Roll Breaded Beef Steak/Gravy/Roll</p> <p>Sides (3-4) Mashed Potatoes Deluxe Green Beans Cinnamon Applesauce F2S Zucchini & Basil</p> <p>Grab N Go Vegetarian Chef Salad</p>	<p>28 Friday! Friday! Entrees Mini Cheese Calzone with Italian Dipping Sauce Roasted Chicken Wings</p> <p>Sides (3-4) Power Kale Salad Baked Sweet Potato Chilled Fruit Medley Seasonal Fresh Fruit</p> <p>Grab N Go Club Shaker Salad With : Welch's Fruit Slushie</p>
<p>31 Entrees Personal Cheese Pizza V Batter Up Beef Frank</p> <p>Sides (3-4) French Fries Broccoli Chilled Peaches Assorted Juice</p> <p>Grab N Go Vegetarian Chef Salad V With: EEK Frozen Ice</p>	<p>1 Entrees Maple Chicken Mega Minis with Texas Toast Grilled Cheese V</p> <p>Sides (3-4) Tossed Salad Roasted Sweet Potato Diced Pears Assorted Fresh Fruit</p> <p>Grab N Go Charbroiled Chicken Chef Salad</p>	<p>2 Entrees Buffalo Chicken Dip With Tortilla Chips Hamburger</p> <p>Sides (3-4) Celery & Carrot Sticks Whole Kernel Corn Chilled Fruit Medley Fresh Banana</p> <p>Grab N Go Yogurt and Fruit Plate</p>	<p>3 Entrees Bean & Cheese Burrito V Breaded Beef Sandwich</p> <p>Sides (3-4) Mixed Green Salad Fiesta Black Beans Applesauce Assorted Juice</p> <p>Grab N Go Chicken Tender Chef Salad</p>	<p>4 Entrees Chicken Tenders/Roll Veggie Burger v</p> <p>Sides (3-4) Garden Salad Italian Green Beans Mandarin Oranges Assorted Fresh Fruit</p> <p>Grab N Go Fajita Chicken Chef Salad</p>

This institution is an equal opportunity provider.
Milk available with all meals.