# October 2022

## Middle School Lunch

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>3</strong> Entrees</td>
<td><strong>4</strong> Entrees</td>
<td><strong>5</strong> Entrees</td>
<td><strong>6</strong> Entrees</td>
<td><strong>7</strong></td>
</tr>
<tr>
<td>Personal Cheese Pizza V</td>
<td>Nashville Hot Mega Minis with Texas Toast</td>
<td>Buffalo Chicken Dip</td>
<td>Bean &amp; Cheese Burrito V</td>
<td></td>
</tr>
<tr>
<td>Batter Up Beef Frank</td>
<td>Grilled Cheese V</td>
<td>With Tortilla Chips</td>
<td>Hamburger</td>
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<tr>
<td>Sides (3-4)</td>
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<tr>
<td>French Fries</td>
<td>Tossed Salad</td>
<td>Celery &amp; Carrot Sticks</td>
<td>Mixed Green Salad</td>
<td></td>
</tr>
<tr>
<td>Steamed Broccoli</td>
<td>Roasted Sweet Potato</td>
<td>Whole Kernel Corn</td>
<td>Fiesta Black Beans</td>
<td></td>
</tr>
<tr>
<td>Chilled Peaches</td>
<td>Diced Pears</td>
<td>Chilled Fruit Medley</td>
<td>Apple Sauce</td>
<td></td>
</tr>
<tr>
<td>Assorted Juice</td>
<td>Assorted Fresh Fruit</td>
<td>Fresh Banana</td>
<td>Assorted Juice</td>
<td></td>
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<tr>
<td>Grab N Go</td>
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<tr>
<td>Vegetarian Chef Salad V</td>
<td>Charbroiled Chicken Chef Salad</td>
<td>Yogurt and Fruit Plate</td>
<td>Vegetarian Chef Salad</td>
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</tbody>
</table>

**10 Fall Break**

**11 Entrees**
- Beef & Cheese Nachos
- Cheese Nachos V
- Grilled Chicken Sandwich

**Sides (3-4)**
- Shredded Lettuce & Tomato
- Mexican Corn
- Mandarin Oranges
- Fresh Banana

**Grab N Go**
- Fajita Chicken Chef Salad

**12 Entrees**
- Wild Mike’s Cheese Pizza V
- Wild Mike’s Pepperoni Pizza Texas BBQ Sandwich

**Sides (3-4)**
- Mixed Green Salad
- Roasted Carrots
- Chilled Pineapple
- Assorted Fresh Fruit

**Grab N Go**
- Chicken Tender Chef Salad

**13 Entrees**
- BBQ Chicken/Roll
- Breaded Beef Steak/Gravy/Roll

**Sides (3-4)**
- Mashed Potatoes Deluxe
- Green Beans
- Cinnamon Apple Sauce
- Assorted Fresh Fruit

**Grab N Go**
- Vegetarian Chef Salad

**17 Entrees**
- Maple Chicken Mega Minis with Texas Toast
- Grilled Cheese V

**Sides (3-4)**
- Tossed Salad
- Roasted Sweet Potato
- Diced Pears
- Assorted Fresh Fruit

**Grab N Go**
- Charbroiled Chicken Chef Salad

**18 Entrees**
- Buffalo Chicken Dip
- With Tortilla Chips
- Hamburger

**Sides (3-4)**
- Celery & Carrot Sticks
- Whole Kernel Corn
- Chilled Fruit Medley
- Fresh Banana

**Grab N Go**
- Yogurt and Fruit Plate

**19 Entrees**
- Bean & Cheese Burrito V
- Breaded Beef Sandwich

**Sides (3-4)**
- Mixed Green Salad
- Fiesta Black Beans
- Apple Sauce
- Assorted Juice

**Grab N Go**
- Chicken Tender Chef Salad

**20 Entrees**
- Chicken Tenders/Roll
- Veggie Burger V

**Sides (3-4)**
- Garden Salad
- Italian Green Beans
- Mandarin Oranges
- Assorted Fresh Fruit

**Grab N Go**
- Fajita Chicken Chef Salad

**21 Entrees**
- Mini Cheese Calzone with Italian Dipping Sauce
- Fish Filet Sandwich

**Sides (3-4)**
- Power Kale Salad
- Baked Sweet Potato
- Chilled Fruit Medley
- Seasonal Fresh Fruit

**Grab N Go**
- Club Shaker Salad

**22 Entrees**
- Chicken Tenders/Roll
- Veggie Burger V

**Sides (3-4)**
- Garden Salad
- Italian Green Beans
- Mandarin Oranges
- Assorted Fresh Fruit

**Grab N Go**
- Club Shaker Salad

**23 Entrees**
- Maple Chicken Mega Minis with Texas Toast
- Grilled Cheese V

**Sides (3-4)**
- Tossed Salad
- Roasted Sweet Potato
- Diced Pears
- Assorted Fresh Fruit

**Grab N Go**
- Charbroiled Chicken Chef Salad

**24 Entrees**
- Buffalo Chicken Dip
- With Tortilla Chips
- Hamburger

**Sides (3-4)**
- Celery & Carrot Sticks
- Whole Kernel Corn
- Chilled Fruit Medley
- Fresh Banana

**Grab N Go**
- Yogurt and Fruit Plate

**25 Entrees**
- Bean & Cheese Burrito V
- Breaded Beef Sandwich

**Sides (3-4)**
- Mixed Green Salad
- Fiesta Black Beans
- Apple Sauce
- Assorted Juice

**Grab N Go**
- Chicken Tender Chef Salad

**26 Entrees**
- Buffalo Chicken Dip
- With Tortilla Chips
- Hamburger

**Sides (3-4)**
- Celery & Carrot Sticks
- Whole Kernel Corn
- Chilled Fruit Medley
- Fresh Banana

**Grab N Go**
- Yogurt and Fruit Plate

**27 Entrees**
- BBQ Chicken/Roll
- Breaded Beef Steak/Gravy/Roll

**Sides (3-4)**
- Mashed Potatoes Deluxe
- Green Beans
- Cinnamon Apple Sauce
- F2S Zucchini & Basil

**Grab N Go**
- Vegetarian Chef Salad

**28 Entrees**
- Friday! Friday!
- Mini Cheese Calzone with Italian Dipping Sauce
- Roasted Chicken Wings

**Sides (3-4)**
- Power Kale Salad
- Baked Sweet Potato
- Chilled Fruit Medley
- Seasonal Fresh Fruit

**Grab N Go**
- Club Shaker Salad

**29 Entrees**
- Chicken Tenders/Roll
- Veggie Burger V

**Sides (3-4)**
- Garden Salad
- Italian Green Beans
- Mandarin Oranges
- Assorted Fresh Fruit

**Grab N Go**
- Fajita Chicken Chef Salad

**30 Entrees**
- Maple Chicken Mega Minis with Texas Toast
- Grilled Cheese V

**Sides (3-4)**
- Tossed Salad
- Roasted Sweet Potato
- Diced Pears
- Assorted Fresh Fruit

**Grab N Go**
- Charbroiled Chicken Chef Salad

**31 Entrees**
- Buffalo Chicken Dip
- With Tortilla Chips
- Hamburger

**Sides (3-4)**
- Celery & Carrot Sticks
- Whole Kernel Corn
- Chilled Fruit Medley
- Fresh Banana

**Grab N Go**
- Yogurt and Fruit Plate

**1 Entrees**
- Bean & Cheese Burrito V
- Breaded Beef Sandwich

**Sides (3-4)**
- Mixed Green Salad
- Fiesta Black Beans
- Apple Sauce
- Assorted Juice

**Grab N Go**
- Chicken Tender Chef Salad

**2 Entrees**
- Chicken Tenders/Roll
- Veggie Burger V

**Sides (3-4)**
- Garden Salad
- Italian Green Beans
- Mandarin Oranges
- Assorted Fresh Fruit

**Grab N Go**
- Fajita Chicken Chef Salad

**3 Entrees**
- Personal Cheese Pizza V
- Batter Up Beef Frank

**Sides (3-4)**
- French Fries
- Broccoli
- Chilled Peaches
- Assorted Juice

**Grab N Go**
- Vegetarian Chef Salad V

With: EEK Frozen Ice

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*This institution is an equal opportunity provider.*

*Milk available with all meals.*