



OCTOBER 2023

MIDDLE SCHOOL LUNCH



National School Lunch Week 2023

Red Ribbon Week 2023

MON	TUE	WED	THU	FRI
<p>2 Entrees</p> <p>BBQ Rib Sandwich Soft Shell Chicken Taco</p> <p>Sides (3-4)</p> <p>Shredded Lettuce & Tomato Fiesta Black Beans Diced Peaches Assorted Juice</p> <p>Grab N Go: Yogurt & Fruit Plate V</p>	<p>3 Entrees</p> <p>Wild Mike's Cheese Pizza V Wild Mike's Pepperoni Pizza Hot Dog</p> <p>Sides (3-4)</p> <p>Tossed Salad Whole Kernel Corn Diced Pears Assorted Juice</p> <p>Grab N Go</p> <p>Charbroiled Chicken Chef Salad</p>	<p>4 Entrees</p> <p>Spicy Chicken Sandwich Waking Frito Chili Pie</p> <p>Sides (3-4)</p> <p>Roasted Sweet Potato Steamed Broccoli Applesauce Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Hummus Plate</p>	<p>5 Entrees</p> <p>Chicken & Waffle Cheese Calzone</p> <p>Sides (3-4)</p> <p>Power Kale Salad Crinkle Fries Chilled Fruit Medley Assorted Juice</p> <p>Grab N Go</p> <p>Chicken Strip Salad</p>	<p>6</p> <p>PROFESSIONAL DEVELOPMENT</p>
<p>Columbus Day</p>	<p>10 Entrees</p> <p>Galaxy Cheese Pizza Breaded Beef Steak/Gravy with Roll</p> <p>Select 3-4:</p> <p>Mashed Potatoes Green Beans Cinnamon Applesauce</p> <p>Grab N Go</p> <p>Charbroiled Chicken Chef Salad</p> <p>With: Kiwi Strawberry Slush</p>	<p>11 Entrees</p> <p>Breaded Chicken Drumstick / Roll Hamburger</p> <p>Select 3-4</p> <p>Collard Greens Peppered Carrots Chilled Pineapple Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Chicken Strip Chef Salad</p> <p>With: Macaroni & Cheese</p>	<p>12 Entrees</p> <p>Congo Chicken Wings/Roll Stuffed Cheese & Pepperoni Sandwich</p> <p>Select 3-4:</p> <p>Celery Sticks/ Ranch Tater Tots Sliced Peaches Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Nutbutter & Jelly Sandwich Plate</p> <p>With: Baked Apple Crisp</p>	<p>13 Entrees</p> <p>Baked Spaghetti with Roll Grilled Chicken Sandwich</p> <p>Sides 3-4:</p> <p>Shredded Lettuce & Tomato Southwestern Corn Mandarin Oranges Assorted Juice</p> <p>Grab N Go</p> <p>Yogurt & Fruit Plate</p>
<p>16 Monday Fun Day !</p> <p>Entrees</p> <p>BBQ Rib Sandwich Soft Shell Chicken Taco</p> <p>Sides (3-4)</p> <p>Shredded Lettuce & Tomato Fiesta Black Beans Diced Peaches Assorted Juice</p> <p>Grab N Go</p> <p>Yogurt & Fruit Plate V</p> <p>With: Paradise Punch Fruit Slush</p>	<p>17 Entrees</p> <p>Wild Mike's Cheese Pizza V Wild Mike's Pepperoni Pizza Corn Dog</p> <p>Sides (3-4)</p> <p>Tossed Salad Whole Kernel Corn Diced Pears Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Charbroiled Chicken Chef Salad</p>	<p>18 Entrees</p> <p>Spicy Chicken Sandwich Waking Frito Chili Pie</p> <p>Sides (3-4)</p> <p>Baked Sweet Potato Steamed Broccoli Applesauce Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Hummus Plate v</p>	<p>19 Entrees</p> <p>Chicken & Waffle Veggie Burger v</p> <p>Sides (3-4)</p> <p>Power Kale Salad Crinkle Fries Chilled Fruit Medley Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Chicken Strip Salad</p>	<p>20 Entrees</p> <p>Buffalo Chicken Dip With Tortilla Chips Cheese Calzone v</p> <p>Sides (3-4)</p> <p>Garden Salad Italian Green Beans Mandarin Oranges Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Charbroiled Chicken Chef Salad</p> <p>With: Farmer's Market Shortbread Cookies</p>
<p>23 Entrees</p> <p>Galaxy Cheese Pizza V Texas BBQ Sandwich</p> <p>Sides (3-4)</p> <p>Coleslaw Baked Beans Diced Pears Fresh Apple Wedges</p> <p>Grab N Go</p> <p>Club Shaker Salad</p>	<p>24 Entrees</p> <p>Bayou Mashed Potato Bowl with Roll Breaded Beef/Bun</p> <p>Sides (3-4)</p> <p>Mashed Potatoes Steamed Broccoli Cinnamon Applesauce Fresh Pear</p> <p>Grab N Go</p> <p>Vegetarian Chef Salad</p>	<p>25 Entrees</p> <p>Mandarin Chicken with Rice & Fortune Cookie & Fortune Cookie</p> <p>Sides (3-4)</p> <p>Cheeseburger Mixed Green Salad Peppered Carrots Chilled Pineapple Fresh Orange Wedges</p> <p>Grab N Go</p> <p>Chicken Strip Chef Salad</p>	<p>26 Entrees</p> <p>Breaded Chicken Sandwich Stuffed Cheese & Pepperoni Pizza</p> <p>Sides (3-4)</p> <p>Farm to School Zucchini Tater Tots Chilled Fruit Medley Fresh Banana</p> <p>Grab N Go</p> <p>Nutbutter & Jelly Plate V</p>	<p>27 Entrees</p> <p>Chicken Nachos Cheese Nachos</p> <p>Sides (3-4)</p> <p>Grilled Chicken Sandwich Shredded Lettuce & Tomato Southwestern Corn Mandarin Oranges Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Fajita Chicken Chef Salad</p> <p>With Hugs Not Drugs Cookies</p>
<p>30 Entrees</p> <p>BBQ Rib Sandwich Soft Shell Chicken Taco</p> <p>Sides (3-4)</p> <p>Shredded Lettuce & Tomato Fiesta Black Beans Diced Peaches</p> <p>Grab N Go</p> <p>Yogurt & Fruit Plate V</p> <p>Slush</p>	<p>31 Happy Halloween</p> <p>Entrees</p> <p>Wild Mike's Cheese Pizza V Wild Mike's Pepperoni Pizza Hot Dog</p> <p>Sides (3-4)</p> <p>Cucumber Salad Whole Kernel Corn Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Charbroiled Chicken Chef Salad</p> <p>With: EEK Fruit Ice</p>	<p>1 Entrees</p> <p>Spicy Chicken Sandwich Waking Frito Chili Pie</p> <p>Sides (3-4)</p> <p>Glazed Sweet Potato Steamed Broccoli Applesauce Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Hummus Plate v</p>	<p>2 Entrees</p> <p>Chicken & Waffle Veggie Burger v</p> <p>Sides (3-4)</p> <p>Power Kale Salad Crinkle Fries Chilled Fruit Medley Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Chicken Strip Salad</p>	<p>3 Entrees</p> <p>Buffalo Chicken Dip With Tortilla Chips Cheese Calzone v</p> <p>Sides (3-4)</p> <p>Garden Salad Italian Green Beans Mandarin Oranges Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Charbroiled Chicken Chef Salad</p>

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