

October 2023 Middle School Fall Lunch Menu

Meal Price: \$3.75 Milk Only:

FOOD & NUTRITION SERVICES		Middle Sch	nool Fall Lu	nch Menu	Milk Only: \$0.50
	MON	TUE	WED	ΤΗυ	FRI
PIZZA V GRAB	 Chicken Potstickers Cheese Pizza Slice Pepperoni Pizza Slice Chicken Sandwich 	3 Burrito Bowl w/ Cilantro Brown Rice Bosco Cheese Filled Sticks	 French Toast & Breakfast Potatoes Cheese Pizza Slice Pepperoni Pizza Slice 	<i>5</i> Loaded Mac & Cheese Parmesan Cheese Bites	 Philly Beef Steak Sandwich Cheese Pizza Slice Pepperoni Pizza Slice
it FOSt PLANT BASED Fresh	All Beef Hot Dog Chickenless Nuggets French Toast Yogurt	Chicken Tenders & Dip Hamburger/Cheeseburger Veggie Burger	Spicy Chicken Sandwich All Beef Hot Dog Southwest Plant Based Bowl	Chicken Tenders & Dip Hamburger/Cheeseburger Veggie Burger	Chicken Sandwich All Beef Hot Dog Chickenless Nuggets
	Parfait	Sandwich Bar	Salad Bar	Sandwich Bar	Salad Bar
	 Orange Chicken & Vegetable Fried Rice Cheese Pizza Slice Pepperoni Pizza Slice 	10 Walking Beef Taco Bosco Cheese Filled Sticks	11 Pancakes & Chicken Sausage Cheese Pizza Slice Pepperoni Pizza Slice	12 NO	13 NO
GRAB it FOSt PLANT BASED	Chicken Sandwich All Beef Hot Dog Chickenless Nuggets	Chicken Tenders & Dip Hamburger/Cheeseburger Veggie Burger	Spicy Chicken Sandwich All Beef Hot Dog	School Todzy	School Todzy
Fresh	French Toast Yogurt Parfait	Sandwich Bar	Southwest Plant Based Bowl Salad Bar		
	16 Chicken Potstickers Cheese Pizza Slice	17 Burrito Bowl w/ Cilantro Brown Rice	18 French Toast & Breakfast Potatoes	19 Loaded Mac & Cheese	20 Philly Beef Steak Sandwich
GRAB	Pepperoni Pizza Slice	Bosco Cheese Filled Sticks	Cheese Pizza Slice Pepperoni Pizza Slice	Parmesan Cheese Bites	Cheese Pizza Slice Pepperoni Pizza Slice
it FOISE PLANT BASED	Chicken Sandwich All Beef Hot Dog	Chicken Tenders & Dip Hamburger/Cheeseburger	Spicy Chicken Sandwich All Beef Hot Dog	Chicken Tenders & Dip Hamburger/Cheeseburger	Chicken Sandwich All Beef Hot Dog
Fresh	Chickenless Nuggets French Toast Yogurt	Veggie Burger Sandwich Bar	Southwest Plant Based Bowl Salad Bar	Veggie Burger Sandwich Bar	Chickenless Nuggets Salad Bar
PIZZA	Parfait 23 Orange Chicken & Vegetable Fried Rice Cheese Pizza Slice	24 Walking Beef Taco	25 Pancakes & Chicken Sausage Cheese Pizza Slice	26 Pasta & Meat or Marinara Sauce w/ Garlic Bread	27 Chicken & Waffles Cheese Pizza Slice
GRAB it fast	Pepperoni Pizza Slice Chicken Sandwich	Bosco Cheese Filled Sticks Chicken Tenders & Dip Hamburger/Cheeseburger	Pepperoni Pizza Slice Spicy Chicken Sandwich	Parmesan Cheese Bites Chicken Tenders & Dip	Pepperoni Pizza Slice Chicken Sandwich
PLANT BASED	All Beef Hot Dog Chickenless Nuggets	Veggie Burger	All Beef Hot Dog Southwest Plant Based	Hamburger/Cheeseburger Veggie Burger	All Beef Hot Dog Chickenless Nuggets
Fresh	French Toast Yogurt Parfait	Sandwich Bar	Bowl Salad Bar	Sandwich Bar	Salad Bar
PIZZA V GRAB it fost PLANT BASED	30 Chicken Potstickers Cheese Pizza Slice Pepperoni Pizza Slice Chicken Sandwich All Beef Hot Dog	 31 Burrito Bowl w/ Cilantro Brown Rice Bosco Cheese Filled Sticks Chicken Tenders & Dip Hamburger/Cheeseburger 	VIEW OUR MENU IN REAL TIME	Assorted Fruits & Vegetables offered daily based upon seasonal availability	DAILY OFFERINGS 1% White Fat Free
Fresh	Chickenless Nuggets French Toast Yogurt Parfait	Veggie Burger Sandwich Bar	WWW.GETCHOOSI.COM	a valia biiity	Chocolate
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MENU SUBJECT TO CHANGE

This institution is an equal opportunity provider.