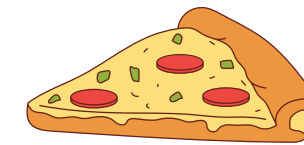


DAILY GRAB AND GO LUNCH

Hot off the Grill: Spicy/regular
 Burgers Chicken sandwich
 Hot dogs Assorted Salads
 PB&J



Pizza
 Variety

October MIDDLE SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BRUNCH SERVED
 DAILY DURING
 MORNING BREAK

**Pupil Free
 Day!**

ALL MEALS INCLUDE FRESH SEASONAL FRUIT AND VEGETABLES,
 LOWFAT REGULAR OR NON-FAT CHOCOLATE MILK. STUDENTS MUST
 TAKE 3 OF THE 5 FOOD GROUPS OFFERED FOR A "COMPLETE" MEAL.
 STUDENTS MUST TAKE AT LEAST ONE FRUIT OR ONE VEGETABLE TO
 RECEIVE THEIR MEAL AT NO CHARGE. MENU SUBJECT TO CHANGE.

6
 Chicken Tender Meal
 Macaroni & Cheese (V)
 Popcorn Chicken Salad
 Uncrustable, PB & Jelly (V)

7
 Sweet & Sour Chicken & Rice Bowl
 Cheese & Green Chili Tamale (V)
 Chicken Caesar Salad
 Uncrustable, PB & Jelly (V)

1
 Ham & Swiss Croissant Melt
 Scratch Made Deli Sandwich
 Berry Yogurt Parfait (V)
 Asian Noodle Salad
 Uncrustable, PB & Jelly (V)

2
 French Bread Cheese Pizza (V)
 Pepperoni French Bread Pizza
 Cheese Enchiladas (V)
 Popcorn Chicken Salad
 Uncrustable, PB & Jelly (V)

12
 Buffalo Wing Meal
 Seasoned Bean Burrito (V)
 Popcorn Chicken Salad
 Uncrustable, PB & Jelly (V)

13
 Popcorn Chicken Mashed Potato
 Bowl
 Grilled Cheese Sandwich (V)
 Greek Pasta Salad (V)
 Uncrustable, PB & Jelly (V)

14
 Teriyaki Beef & Rice Bowl
 Three Cheese Calzone (V)
 Chicken Caesar Salad
 Uncrustable, PB & Jelly (V)

15
 BBQ Beef Rib Sandwich
 Scratch Made Deli Sandwich
 Berry Yogurt Parfait (V)
 Asian Noodle Salad
 Uncrustable, PB & Jelly (V)

16
 Deep Dish Pepperoni** Pizza
 Deep Dish Cheese Pizza
 Chile & Cheese Flauquito (V)
 Popcorn Chicken Salad
 Uncrustable, PB & Jelly (V)

19
 Chicken Drumstick & Waffle Meal
 Cheese Quesadilla (V)
 Popcorn Chicken Salad
 Uncrustable, PB & Jelly (V)

20
 Beef Chili Cheese Fries
 Macaroni & Cheese (V)
 Greek Pasta Salad (V)
 Uncrustable, PB & Jelly (V)

21
 Orange Chicken & Rice Bowl
 Lasagna (V)
 Chicken Caesar Salad
 Uncrustable, PB & Jelly (V)

22
 Chicken Parmesan Sandwich
 Scratch Made Deli Sandwich
 Berry Yogurt Parfait (V)
 Asian Noodle Salad
 Uncrustable, PB & Jelly (V)

23
 Cheese Pizza
 Pepperoni Pizza*
 Cheeseburger Calzone
 Popcorn Chicken Salad
 Uncrustable, PB & Jelly (V)

26
 Chicken Corn Dog & Fries
 Seasoned Bean Burrito (V)
 Popcorn Chicken Salad
 Uncrustable, PB & Jelly (V)

27
 Chicken Alfredo & Artisan Roll
 Grilled Cheese Sandwich (V)
 Greek Pasta Salad (V)
 Uncrustable, PB & Jelly (V)

28
 Teriyaki Chicken & Rice Bowl
 Three Cheese Calzone (V)
 Chicken Caesar Salad
 Uncrustable, PB & Jelly (V)

29
 Ham & Swiss Croissant Melt
 Scratch Made Deli Sandwich
 Berry Yogurt Parfait (V)
 Asian Noodle Salad
 Uncrustable, PB & Jelly (V)

30
 French Bread Cheese Pizza (V)
 Pepperoni French Bread Pizza
 Cheese Enchiladas (V)
 Popcorn Chicken Salad
 Uncrustable, PB & Jelly (V)

(V) VEGETARIAN

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER