



MIDDLE SCHOOL SUPPER MENU OCTOBER 2022

MIDDLE SCHOOL SUPPER: STUDENTS: NO COST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hamburger or Cheeseburger Seasoned Green Beans Gala Apple	4 Cheese Stuffed Breadsticks Mixed Vegetables Gala Apple	5 Breaded Chicken Sandwich Whole Kernel Corn Gala Apple	6 Popcorn Chicken Mashed Potatoes Gala Apple Wheat Roll	7 Cheese Pizza Baby Carrots Gala Apple
10 Mini Corn Dogs Seasoned Green Beans Gala Apple	11 Hamburger or Cheeseburger Potato Wedges Gala Apple Wheat Roll	12 Popcorn Chicken Mashed Potatoes Gala Apple Wheat Roll	13 Steak Fingers Mashed Potatoes Gala Apple Wheat Roll	14 Pepperoni Pizza Baby Carrots Gala Apple
17 Hamburger or Cheeseburger Seasoned Green Beans Gala Apple	18 Cheese Stuffed Breadsticks Mixed Vegetables Gala Apple	19 Breaded Chicken Sandwich Whole Kernel Corn Gala Apple	20 Popcorn Chicken Mashed Potatoes Gala Apple Wheat Roll	21 Cheese Pizza Baby Carrots Gala Apple
24 NO SCHOOL	25 Hamburger or Cheeseburger Potato Wedges Gala Apple Wheat Roll	26 Popcorn Chicken Mashed Potatoes Gala Apple Wheat Roll	27 Steak Fingers Mashed Potatoes Gala Apple Wheat Roll	28 Pepperoni Pizza Baby Carrots Gala Apple
31 Hamburger or Cheeseburger Seasoned Green Beans Gala Apple				

Menus are subject to change without notice due to price and availability of food

Menus also available at [Schoolcafe.com](https://www.schoolcafe.com)

Nutrient Analysis is available at <https://www.cfid.net/Page/3593>

A Complete Supper Includes:

- Entrée
- 1 fruit
- 1 vegetable
- 1% white or fat free chocolate milk

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