



# OCTOBER 2020 MIDDLE SCHOOL BREAKFAST AND LUNCH MENU

**MIDDLE SCHOOL BREAKFAST:** Paid student meal \$1.25 // reduced student meal \$0.20 // adult/visitor meal \$2

**MIDDLE SCHOOL LUNCH:** Paid student meal \$2.50 // reduced student meal \$0.40 // adult/visitor meal \$3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> <b>Ham &amp; Cheese Croissant</b>  <b>Spaghetti &amp; Meatballs</b> Garden Salad Seasoned Green Beans Choice of Fruit Garlic Roll	<b>2</b> <b>Sausage &amp; Cheese Kolache</b>  <b>Pulled Pork BBQ Sandwich</b> Garden Fresh Cucumbers Seasoned Pinto Beans Choice of Fruit
<b>5</b> <b>Whole Wheat Cinnamon Roll</b>  <b>Cheese Stuffed Breadsticks</b> Garden Salad Seasoned Pinto Beans Choice of Fruit	<b>6</b> <b>French Toast</b>  <b>Beef Soft Tacos</b> Garden Salad Roasted Corn Choice of Fruit	<b>7</b> <b>Sausage &amp; Cheese English Muffin</b>  <b>Chili Cheese Turkey Hot Dog</b> Garden Salad Sweet Potato Fries Choice of Fruit	<b>8</b> <b>Chicken Biscuit</b>  <b>Chicken Teriyaki w/ Stir Fried Rice</b> Spicy Spinach Salad Stir Fried Vegetables Vegetable Egg Roll Choice of Fruit	<b>9</b> <b>Sausage &amp; Cheese Croissant</b>  <b>Chicken Chunks</b> Cole Slaw Roasted Potato Wedges Choice of Fruit
<b>12</b> <b>Whole Wheat Cinnamon Roll</b>  <b>Pulled Pork Baked Potato</b> Garden Salad Seasoned Pinto Beans Garlic Breadsticks Choice of Fruit	<b>13</b> <b>Mini Pancakes</b>  <b>Pork Carnitas Tacos</b> Garden Salad Roasted Corn Choice of Fruit	<b>14</b> <b>Sausage &amp; Cheese Biscuit</b>  <b>Lasagna Rolls</b> Diced Carrots Garden Salad Choice of Fruit Garlic Roll	<b>15</b> <b>Ham &amp; Cheese Croissant</b>  <b>Orange Chicken &amp; Lo Mein</b> Garden Salad Steamed Broccoli Choice of Fruit Vegetable Egg Roll	<b>16</b> <b>Sausage &amp; Cheese Kolache</b>  <b>Nachos</b> Garden Salad Seasoned Black Beans Choice of Fruit
<b>19</b> <b>Whole Wheat Cinnamon Roll</b>  <b>Steak Fingers</b> Garden Salad Mashed Potatoes & Gravy Choice of Fruit Wheat Roll	<b>20</b> <b>Mini Pancakes</b>  <b>Beef Soft Tacos</b> Garden Salad Roasted Corn Choice of Fruit	<b>21</b> <b>Sausage &amp; Cheese English Muffin</b>  <b>Chicken Supreme Nachos</b> Garden Salad Seasoned Black Beans Choice of Fruit	<b>22</b> <b>Chicken Biscuit</b>  <b>Chicken Teriyaki w/ Stir Fried Rice</b> Garden Salad Mixed Vegetables Vegetable Egg Roll Choice of Fruit	<b>23</b> <b>Sausage &amp; Cheese Croissant</b>  <b>Cheese Stuffed Breadsticks</b> Diced Carrots Garden Salad Choice of Fruit
<b>26</b> <b>Whole Wheat Cinnamon Roll</b>  <b>Chicken &amp; Veggie Pot Stickers</b> Baby Carrots Steamed Broccoli Choice of Fruit	<b>27</b> <b>Pancake &amp; Turkey Sausage Minis</b>  <b>Pork Carnitas Tacos</b> Garden Salad Roasted Corn Choice of Fruit	<b>28</b> <b>Sausage &amp; Cheese Biscuit</b>  <b>Mac &amp; Cheese</b> Garden Salad Seasoned Peas Choice of Fruit	<b>29</b> <b>Ham &amp; Cheese Croissant</b>  <b>Spaghetti &amp; Meatballs</b> Garden Salad Seasoned Green Beans Choice of Fruit Garlic Roll	<b>30</b> <b>Sausage &amp; Cheese Kolache</b>  <b>Pulled Pork BBQ Sandwich</b> Garden Fresh Cucumbers Seasoned Pinto Beans Choice of Fruit

This institution is an equal opportunity provider.

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

**Complete Breakfast Includes:**

Choice of 1 entrée

2 fruits OR 1 fruit & juice

1% white or fat free chocolate milk

**Daily Breakfast Features:**

Yogurt & Rockin' ola granola

Whole grain cereal (Not available at some schools)

Fresh Fruit

100% fruit juice

1% white or fat free chocolate milk

**A Complete Lunch Includes:**

Choice of entrée

2 fruits

2 vegetables

1% white or fat free chocolate milk

**Fresh Entrée Salads**

Grilled Chicken Caesar Salad served daily.