



OCTOBER 2020 MIDDLE SCHOOL LUNCH COMBO LINE 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
			1 Ham & Cheese Croissant Spaghetti & Meatballs Homestyle Chicken Tenders Garden Salad Seasoned Green Beans Choice of Fruit Garlic Roll	2 Sausage & Cheese Kolache Pulled Pork BBQ Sandwich Breaded Chicken Sandwich Garden Fresh Cucumbers Seasoned Pinto Beans Choice of Fruit
5 Whole Wheat Cinnamon Roll Cheese Stuffed Breadsticks Homestyle Chicken Tenders Garden Salad Seasoned Pinto Beans Choice of Fruit Garlic Roll	6 French Toast Beef Soft Tacos Spicy Chicken Sandwich Garden Salad Roasted Corn Choice of Fruit	7 Sausage & Cheese English Muffin Chili Cheese Turkey Hot Dog Homestyle Chicken Tenders Garden Salad Sweet Potato Fries Choice of Fruit Garlic Roll	8 Chicken Biscuit Chicken Teriyaki w/ Stir Fried Rice Spicy Chicken Tenders Spicy Spinach Salad Stir Fried Vegetables Vegetable Egg Roll Choice of Fruit	9 Sausage & Cheese Croissant Chicken Chunks Spicy Chicken Sandwich Cole Slaw Roasted Potato Wedges Choice of Fruit
12 Whole Wheat Cinnamon Roll Pulled Pork Baked Potato Breaded Chicken Sandwich Garden Salad Seasoned Pinto Beans Garlic Breadsticks Choice of Fruit	13 Mini Pancakes Pork Carnitas Tacos Spicy Chicken Tenders Garden Salad Roasted Corn Choice of Fruit	14 Sausage & Cheese Biscuit Lasagna Rolls Homestyle Chicken Tenders Diced Carrots Garden Salad Choice of Fruit Garlic Roll	15 Ham & Cheese Croissant Orange Chicken & Lo Mein Spicy Chicken Tenders Garden Salad Steamed Broccoli Choice of Fruit Vegetable Egg Roll	16 Sausage & Cheese Kolache Nachos Garden Salad Seasoned Black Beans Choice of Fruit
19 Whole Wheat Cinnamon Roll Steak Fingers Homestyle Chicken Tenders Garden Salad Mashed Potatoes & Gravy Choice of Fruit Wheat Roll	20 Mini Pancakes Beef Soft Tacos Spicy Chicken Sandwich Garden Salad Roasted Corn Choice of Fruit	21 Sausage & Cheese English Muffin Chicken Supreme Nachos Garden Salad Seasoned Black Beans Choice of Fruit	22 Chicken Biscuit Chicken Teriyaki w/ Stir Fried Rice Breaded Chicken Sandwich Garden Salad Mixed Vegetables Vegetable Egg Roll Choice of Fruit	23 Sausage & Cheese Croissant Cheese Stuffed Breadsticks Spicy Chicken Tenders Diced Carrots Garden Salad Choice of Fruit Garlic Roll
26 Whole Wheat Cinnamon Roll Chicken & Veggie Pot Stickers Spicy Chicken Tenders Baby Carrots Steamed Broccoli Choice of Fruit	27 Pancake & Turkey Sausage Minis Pork Carnitas Tacos Homestyle Chicken Tenders Garden Salad Roasted Corn Choice of Fruit	28 Sausage & Cheese Biscuit Mac & Cheese Spicy Chicken Sandwich Garden Salad Seasoned Peas Choice of Fruit Garlic Roll	29 Ham & Cheese Croissant Spaghetti & Meatballs Homestyle Chicken Tenders Garden Salad Seasoned Green Beans Choice of Fruit Garlic Roll	30 Sausage & Cheese Kolache Pulled Pork BBQ Sandwich Breaded Chicken Sandwich 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

*Middle Schools that will serve the Combo Line menu for lunch include: Anthony, Bleyl, Cook, Dean, Hamilton, Labay, Thornton, Truitt, Rowe and Salyards. These schools will not operate a traditional Express line at this time.