

	Monday	Tuesday	Wednesday	Thursday	Friday
 Served with Milk/Juice & fresh Fruit	*Assorted Cereal w/ String Cheese Breakfast Pizza * Scramble Eggs with Warm Tortilla Benefit Bar	*Assorted Cereal w/ String Cheese Breakfast Pizza *WG Waffles with Sausage Pattie Benefit Bar	*Assorted Cereal w/ Sting Cheese Breakfast Pizza *French Toast Sticks with Turkey Sausage Benefit Bar	*Assorted Cereal w/ String Cheese Breakfast Pizza *Muffin, String Cheese, Graham Crackers Benefit Bar	*Assorted Cereal w/ String Cheese Breakfast Pizza *Pancake on a Stick Benefit Bar
	Chicken & Waffle with Maple Syrup	100 % Beef & Cheese Nachos	Bean & Cheese Burrito with Spanish Rice	Chicken Fajita and Refried Beans	Baked Fried Chicken with Mashed Potatoes & Gravy
 All served with Fries, Tots or Wedges	Whole Grain Chicken Nuggets	Spicy Chicken Sandwich on Whole Grain Bun	"Nitrate" Turkey Hot Dog on Whole Wheat Bun	Whole Grain Chicken Corn Dog	Crispy Baked Fish Sticks
 All Served with Caesar Salad	Pepperoni Pizza Cheese Pizza Supreme Pizza	Pepperoni Pizza Sausage Pizza Veggie Pizza	Hawaiian Pizza Cheese Pizza Pepperoni & Jalapeno Pizza	Pepperoni Pizza Cheese Pizza Veggie Pizza	Pepperoni Pizza Cheese Pizza Supreme Pizza
 All Sandwiches served on sliced whole wheat bread or WG 4" Sub	Chicken Caesar Salad or All Natural Ham Sub	Asian Chicken Salad or Turkey Bacon Club Sandwich	American Combo Sandwich	Beef Taco Salad or Roasted Turkey Sub	Protein Power Pack or Tuna Sandwich
	Bacon Cheeseburger with Potato Wedges	Spaghetti & Meatballs with Breadstick	Baked Mozzarella Sticks with Marinara Sauce	Orange Chicken with Brown Rice	Spicy Chicken Tenders with Tots
 Self-Serve Salad Bar	*Caesar Salad Greens *Broccoli *Fresh Carrot Sticks *Corn *Peaches *Whole Fresh Fruit	*Tossed Salad *Oriental Mixed Veggies *Green Beans *Pinto Beans *Pears *Whole Fresh Fruit	*Caesar Salad Greens *Corn *Black Beans *Pinto Beans *Applesauce *Whole Fresh Fruit	*Tossed Salad *Broccoli *Celery Sticks *Refried Beans *Pineapple *Whole Fresh Fruit	*Caesar Salad Greens *Corn *Cucumbers *Green Beans *Fruit Cocktail *Whole Fresh Fruit

# MIDDLE SCHOOL OCT-DEC MENU