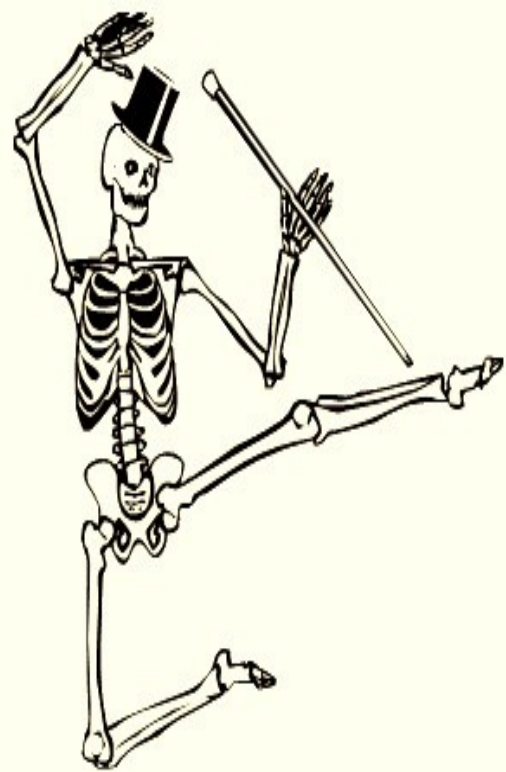


# Middle School Lunch October 2020

## Middle School Offered:

1. Milk 8 fl oz. 1% Fat Free or Fat Free Choc
2. 1.5 oz. Meat / Meat Alternative (weekly minimum 9—10)
3. 1/2 Cup Fruit
4. 1/2 Cup of Vegetables
5. Grains 8—10 week (51% Whole Grain)

**\*\*All students may refuse 2 of the above but must take ATLEAST 1/2 cup of fruit / veggie equivalent.\*\***



**Monday, October 5**

WG Penne & Marinara  
Mozzarella Cheese  
Garden Salad  
Sliced Oranges



**Tuesday, October 6**

Breaded Chicken Sandwich  
WG Roll  
Ketchup  
Lettuce / Tomato  
Carrots  
Sliced Oranges

**Wednesday, October 7**

Turkey & Cheese Sandwich  
WG Roll  
Mayo Packet  
Lettuce / Tomato  
Baby Carrots  
Apples

**Thursday, October 1**  
Turkey & Cheese Sandwich  
WG Roll  
Lettuce / Tomato  
Mayo Packet  
Baby Carrots  
Apples

**Friday, October 2**  
Turkey & Cheese Sandwich  
WG Roll  
Lettuce / Tomato  
Mayo Packet  
Baby Carrots  
Apples

**Thursday, October 8**

Turkey & Cheese  
W/G Roll  
Mayo Packet  
Green Beans  
Apples

**Friday, October 9**

Chicken Drumsticks  
Corn  
Garbanzo Beans  
Whole Wheat Biscuits  
Sliced Oranges

**Monday, October 12**

Italian Heritage Day  
NO SCHOOL

**Tuesday, October 13**

WG Cheese Pizza  
Corn  
Garbanzo Beans  
Green Beans  
Apples

**Wednesday, October 14**

Turkey & Cheese Sandwich  
WG Roll  
Mayo Packet  
Lettuce / Tomato  
Baby Carrots  
Apples

**Thursday, October 15**

Breaded Chicken Sandwich  
WG Roll  
Ketchup  
Lettuce / Tomato  
Carrots  
Sliced Oranges

**Friday, October 16**

WG Penne & Marinara  
Mozzarella Cheese  
Garden Salad  
Garbanzo Beans  
Sliced Oranges

**Monday, October 19**

WG Mac & Cheese  
Broccoli  
Green Beans  
Oranges  
Apples

**Tuesday, October 20**

Chicken Alfredo Pasta WG  
Carrots  
Garden Salad  
Sliced Oranges

**Wednesday, October 21**

Turkey & Cheese  
WG Roll  
Mayo Packet  
Lettuce / Tomato  
Baby Carrots  
Apples

**Thursday, October 22**

WG Cheese Pizza  
Broccoli  
Corn  
Green Beans  
Apples

**Friday, October 23**

WG Penne & Marinara  
Mozzarella Cheese  
Garden Salad  
Garbanzo Beans  
Sliced Oranges

**Monday, October 26**

WG Alfredo Pasta  
Chicken Teriyaki  
Carrots  
Garden Salad  
Oranges

**Tuesday, October 27**

WG Cheese Pizza  
Corn  
Broccoli  
Green Beans  
Apples

**Wednesday, October 28**

Turkey & Cheese  
WG Roll  
Mayo Packet  
Lettuce / Tomato  
Baby Carrots  
Apples

**Thursday, October 29**

WG Mac & Cheese  
Broccoli  
Garbanzo Beans  
Oranges  
Apples

**Friday, October 30**

Breaded Chicken Sandwich  
WG Roll  
Ketchup  
Lettuce / Tomato  
Carrots  
Sliced Oranges

**\*\*Menu subject to change based on inclement weather, freshness and / or delivery.\*\***

**\*\*This institution is an equal opportunity provider.\*\***