

October

4 Day Middle School Dish Up Lunch Menu

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PAY ONLINE 


You may pay for meals online at no extra cost, by visiting www.MySchoolBucks.com. Menu Subject to Change.


V = Meatless Option 

Our milk varieties include 1% low fat & fat-free choices. 

Nutritious seasonal fresh & cupped fruit served daily. 

We offer a variety of vitamin and mineral rich vegetables. 

We use heart healthy whole grain breads and rice. 

All Menus are subject to change. 

	MONDAY	"TASTE IT" TUESDAY	"WELLNESS" WEDNESDAY	THURSDAY	FRIDAY
Week of Respect	Hot Dog w/bun 2 or Bean & Cheese Burrito V Tater Tots ¾ cup Pears Chocolate Chip Cookie Milk	Cheeseburger Sliders 3 or Grilled Cheese Sandwich V Campfire Baked Beans ½ cup Peas & Carrots ½ cup 100% Fruit Juice Milk	Crispy Chicken Filet Sandwich w/bun 4 or Bean & Cheese Burrito V Baby Carrots w/Ranch Peach Cup Milk	Cheese Pizza V 5 or Grilled Cheese Sandwich V Green Salad and/or Celery w/Ranch 100% Fruit Juice Tortilla Chips Milk	
School Lunch Week	Teriyaki Chicken w/Rice 9 or Bean & Cheese Burrito V Green Beans ¾ cup Pineapple Milk	Chicken Nuggets 10 or Grilled Cheese Sandwich V Baby Carrots w/Ranch 100% Fruit Juice Elf Graham Crackers Milk	Meatloaf w/Gravy & Dinner Roll 11 or Bean & Cheese Burrito V Campfire Baked Beans ½ cup Creamy Mashed Potatoes ½ cup Craisins Double Chocolate Cookie Milk	Pepperoni Pizza 12 (contains pork) or Grilled Cheese Sandwich V Green Salad w/Ranch 100% Fruit Juice Goldfish Crackers Milk	
	Chicken Tenders (3 piece) 16 or Bean & Cheese Burrito V Potato Wedges ½ cup Fiesta Beans ½ cup Raisels Milk	Cheeseburger w/bun 17 or Grilled Cheese Sandwich V Baby Carrots w/Ranch 100% Fruit Juice Elf Graham Crackers Milk	Hot Ham & Cheese Sandwich 18 or Bean & Cheese Burrito V Celery w/Ranch Pineapple Colby Jack Cheese Stick Milk	Cheese Pizza V 19 or Grilled Cheese Sandwich V Green Salad w/Ranch 100% Fruit Juice Goldfish Crackers Milk	
	Breaded Chicken Drumsticks (2 each) & Dinner Roll 23 or Bean & Cheese Burrito V Creamy Mashed Potatoes ½ cup Campfire Baked Beans ½ cup Peach Cup Milk	BBQ Pulled Pork Sandwich 24 or Grilled Cheese Sandwich V Baby Carrots w/Ranch 100% Fruit Juice Goldfish Crackers Milk	Hamburger w/bun 25 or Bean & Cheese Burrito V Green Beans ¾ cup Apple Slices Milk	Pepperoni Pizza 26 (contains pork) or Grilled Cheese Sandwich V Green Salad w/Ranch 100% Fruit Juice Tortilla Chips Milk	
	Mini Corn Dogs (6 piece) 30 or Bean & Cheese Burrito V Deli Roaster Potatoes ¾ cup Mandarin Oranges Milk	Hot Ham & Cheese Sandwich 31 or Grilled Cheese Sandwich V Green Beans ¾ cup 100% Fruit Juice Elf Graham Crackers Milk	 <p>NATIONAL SCHOOL LUNCH WEEK October 9-13</p>	 <p>HAPPY NEVADA DAY BATTLE BORN</p>	
			Week of Respect - "Get Your Blue On"  <ul style="list-style-type: none"> 10/2: Kick Off! 10/3: Respect Yourself Day 10/4: Respect Each Other Day 10/5: Respect Your School Day 10/6: "Get Your Blue On!" 		

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