



OCTOBER

MIDDLE SCHOOL 6-8

MIDDLE SCHOOL 6-8			Grab & Go	
Monday	Tuesday	Wednesday	Thursday	Friday
28-Sep	29-Sep	30-Sep	1-Oct	2-Oct
<p>LUNCH ENTRÉE (Select One):</p> <p>Sweet & Sour Chicken & Mixed Vegetables over Rice</p> <p>Turkey & Cheese Sandwich with Lays Potato Chips</p> <p>Assorted Sandwiches</p> <p>Chicken Patty Sandwich</p>		<p>LUNCH ENTRÉE (Select One):</p> <p>Sweet & Sour Chicken & Mixed Vegetables over Rice</p> <p>Assorted Sandwiches</p> <p>Corn Salad</p> <p>Berry Mix</p>		<p>LUNCH ENTRÉE (Select One):</p> <p>Roast Turkey BLT on Wheat Bread</p> <p>Sweet & Sour Chicken & Mixed Vegetables over Rice</p> <p>Assorted Sandwiches</p> <p>Cheeseburger</p>
<p>FRUIT & VEGETABLES (Take One of Each):</p> <p>Broccoli Florets or Baby Carrots with Ranch Dressing</p> <p>Strawberry Cup</p> <p>Choice of Chocolate or White Milk</p>		<p>FRUIT & VEGETABLES (Take One of Each):</p> <p>Corn Salad</p> <p>Assorted Fresh Fruit</p> <p>Choice of Chocolate or White Milk</p>		<p>FRUIT & VEGETABLES (Take One of Each):</p> <p>Spiced Chickpeas or Green Pepper Strips</p> <p>Applesauce Cup</p> <p>Choice of Chocolate or White Milk</p>
5-Oct	6-Oct	7-Oct	8-Oct	9-Oct
<p>LUNCH ENTRÉE (Select One):</p> <p>Mac & Cheese, Chicken Nuggets & Roasted Vegetables</p> <p>Thai Noodle Salad with Grilled Chicken</p> <p>Assorted Sandwiches</p> <p>Chicken Patty Sandwich</p>		<p>LUNCH ENTRÉE (Select One):</p> <p>Mac & Cheese, Chicken Nuggets & Roasted Vegetables</p> <p>Assorted Sandwiches</p>		<p>LUNCH ENTRÉE (Select One):</p> <p>Toasted Turkey, Mozzarella, Tomato & Pesto on a Croissant</p> <p>Thai Noodle Salad with Grilled Chicken</p> <p>Assorted Sandwiches</p> <p>Cheeseburger</p>
<p>FRUIT & VEGETABLES (Take One of Each):</p> <p>Broccoli Florets or Baby Carrots with Ranch Dressing</p> <p>Strawberry Cup</p> <p>Choice of Chocolate or White Milk</p>		<p>Each):</p> <p>Cucumber Slices with Dip</p> <p>Assorted Fresh Fruit</p> <p>Choice of Chocolate or White Milk</p>		<p>FRUIT & VEGETABLES (Take One of Each):</p> <p>Honey Roasted Chickpeas or Corn Salad</p> <p>Applesauce Cup</p> <p>Choice of Chocolate or White Milk</p>
12-Oct	13-Oct	14-Oct	15-Oct	16-Oct
<p>LUNCH ENTRÉE (Select One):</p> <p>Spaghetti & Meatballs with a Side Salad</p> <p>Ham & Cheese Sandwich with Chips</p> <p>Assorted Sandwiches</p> <p>Chicken Patty Sandwich</p>		<p>LUNCH ENTRÉE (Select One):</p> <p>Ham & Cheese Sandwich with Chips</p> <p>Assorted Sandwiches</p> <p>Corn Salad</p> <p>Berry Mix</p>		<p>LUNCH ENTRÉE (Select One):</p> <p>Pepperoni Pizza</p> <p>Ham & Cheese Sandwich with Chips</p> <p>Assorted Sandwiches</p> <p>Cheeseburger</p>
<p>FRUIT & VEGETABLES (Take One of Each):</p> <p>Cucumber Slices or Baby Carrots with Ranch Dressing</p> <p>Strawberry Cup</p> <p>Choice of Chocolate or White Milk</p>		<p>FRUIT & VEGETABLES (Take One of Each):</p> <p>Roasted Ranch Chickpeas</p> <p>Assorted Fresh Fruit</p> <p>Choice of Chocolate or White Milk</p>		<p>FRUIT & VEGETABLES (Take One of Each):</p> <p>Corn Salad or Broccoli Florets with Ranch Dressing</p> <p>Applesauce Cup</p> <p>Choice of Chocolate or White Milk</p>

19-Oct	20-Oct	21-Oct	22-Oct	23-Oct
<p>LUNCH ENTRÉE (Select One): Chicken Tenders, Mac & Cheese & Steamed Corn Bacon Burger Assorted Sandwiches Chicken Patty Sandwich</p> <p>FRUIT & VEGETABLES (Take One of Each): Cucumber Slices or Baby Carrots with Ranch Dressing Strawberry Cup</p> <p>Choice of Chocolate or White Milk</p>	<p>LUNCH ENTRÉE (Select One): Bacon Burger Assorted Sandwiches</p> <p>FRUIT & VEGETABLES (Take One of Each): Roasted Ranch Chickpeas Assorted Fresh Fruit</p> <p>Choice of Chocolate or White Milk</p>	<p>LUNCH ENTRÉE (Select One): Chicken Quesadillas Bacon Burger Assorted Sandwiches Cheeseburger</p> <p>FRUIT & VEGETABLES (Take One of Each): Corn Salad or Broccoli Florets with Ranch Dip Mandarin Oranges and Assorted Fruit Juice</p> <p>Choice of Chocolate or White Milk</p>		
26-Oct	27-Oct	28-Oct	29-Oct	30-Oct
<p>LUNCH ENTRÉE (Select One): Sweet & Sour Chicken & Mixed Vegetables over Rice Turkey & Cheese Sandwich with Lays Potato Chips Assorted Sandwiches Chicken Patty Sandwich</p> <p>FRUIT & VEGETABLES (Take One of Each): Broccoli Florets or Baby Carrots with Ranch Dressing Strawberry Cup</p> <p>Choice of Chocolate or White Milk</p>	<p>LUNCH ENTRÉE (Select One): Sweet & Sour Chicken & Mixed Vegetables over Rice Assorted Sandwiches Corn Salad Berry Mix</p> <p>FRUIT & VEGETABLES (Take One of Each): Corn Salad Assorted Fresh Fruit</p> <p>Choice of Chocolate or White Milk</p>	<p>LUNCH ENTRÉE (Select One): Roast Turkey BLT on Wheat Bread Sweet & Sour Chicken & Mixed Vegetables over Rice Assorted Sandwiches Cheeseburger</p> <p>FRUIT & VEGETABLES (Take One of Each): Spiced Chickpeas or Green Pepper Strips Applesauce Cup</p> <p>Choice of Chocolate or White Milk</p>		

The Food Service Staff continues to work in safe and sanitary conditions to prepare and provide meals to our students. Every day we follow FDA Food Safety standards of frequent and thorough hand washing, wearing gloves and hairnets and not reporting to work if sick. If you have any questions about our meal service during this time please contact: Sarah Ginn at 610.670.0180 x 1147 I will return you call as quickly as possible.

