



MIDDLE SCHOOL menu OCTOBER



\$ Breakfast \$1.75
Lunch \$3.00

MY SCHOOL BUCKS Manage your meals online at: myschoolsbucks.com



BREAKFAST

ALL MEALS INCLUDE AN ENTREE, FRUIT, 100% FRUIT JUICE AND/OR MILK.
Straw-bana Fruit Smoothie and Granola available at select locations.

MONDAY

- French Toast Sticks
- Assorted Cereals and Cheese Stick
- BeneFIT Bar
- Cinnamon Cream Cheese Bagel-ful

TUESDAY

- Chicken Biscuit
- Assorted Cereals and Cheese Stick
- BeneFIT Bar
- Fresh Baked Scone & Yogurt

WEDNESDAY

- Breakfast Quesadilla™
- Assorted Cereals and Cheese Stick
- BeneFIT Bar
- Cinnamon Cream Cheese Bagel-ful

THURSDAY

- Chicken Biscuit
- Assorted Cereals and Cheese Stick
- BeneFIT Bar
- Fresh Baked Scone & Yogurt

FRIDAY

- Mini Maple Pancakes and Sausage™
- Assorted Cereals and Cheese Stick
- BeneFIT Bar
- Cinnamon Cream Cheese Bagel-ful



LUNCH



EVERYDAY FAVORITES

ALL MEALS INCLUDE AN ENTREE, FRUIT, JUICE, VEGETABLES AND/OR MILK.



CHICKEN SANDWICH MEAL

Choose from:
Grilled Chicken Sandwich or
Crispy Chicken Sandwich



GIANNI'S™ OVEN FRESH PIZZA MEAL

Choose from:
Cheese, Pepperoni™
or Buffalo Chicken



SUB SANDWICH MEAL

Choose from:
Hot Italian Sub™
or Meatball Sub™



SPECIALTY SALAD MEAL

Freshly prepared salads topped
with a variety of proteins
(Vegan options available)



YOGURT PARFAIT MEAL

Yoplait® yogurt and
fruit topped with
homemade granola

DAILY SPECIALS

ALL MEALS INCLUDE AN ENTREE, FRUIT, JUICE, VEGETABLES AND/OR MILK.

MONDAY 10/1



Flame Grilled® Burger
or
Black Bean Burger
French Fries

TUESDAY 10/2



Nachos
with toppings
Black Beans

WEDNESDAY 10/3



Boneless Wings
Mashed Potatoes
Gravy
Dinner Roll

THURSDAY 10/4



Baked Ziti
Broccoli
Garlic Breadstick

FRIDAY 10/5



Teriyaki Chicken or
Sriracha Chicken
California Veggies
Rice or Noodles

MONDAY 10/8



Flame Grilled® Burger
or
Black Bean Burger
French Fries

TUESDAY 10/9



Chicken Quesadilla
Tortilla Chips
Black Beans

WEDNESDAY 10/10



Boneless Wings
Mashed Potatoes
Gravy
Dinner Roll

THURSDAY 10/11



FRIDAY 10/12



MONDAY 10/15



Flame Grilled® Burger
or
Black Bean Burger
French Fries

TUESDAY 10/16



Hard or Soft Tacos
with toppings
Tortilla Chips
Black Beans

WEDNESDAY 10/17



Boneless Wings
Mashed Potatoes
Gravy
Dinner Roll

THURSDAY 10/18



Spaghetti and
Meatballs
Broccoli
Garlic Breadstick

FRIDAY 10/19



Szechuan Chicken or
Orange Chicken
California Veggies
Rice or Noodles

MONDAY 10/22



Flame Grilled® Burger
or
Black Bean Burger
French Fries

TUESDAY 10/23



Chicken or Beef Burrito
Black Beans

WEDNESDAY 10/24



Boneless Wings
Mashed Potatoes
Gravy
Dinner Roll

THURSDAY 10/25



Chicken Parmesan
Spaghetti
Broccoli

FRIDAY 10/26



Maple Waffles
Apple Topping
Eggs and Sausage
Home Fries

MONDAY 10/29



Flame Grilled® Burger
or
Black Bean Burger
French Fries

TUESDAY 10/30



Nachos
with toppings
Black Beans

WEDNESDAY 10/31



Boneless Wings
Mashed Potatoes
Gravy
Dinner Roll



ALA CARTE
AVAILABLE EVERYDAY

FRESH FROM THE OVEN

Gianni's® Pizza Slice 2.25

CLASSIC FAVORITES

Chicken Sandwich 2.25

Sub/Flatbread 2.25

Popcorn Chicken 2.00

LIGHTER CREATIONS

Assorted Specialty Salads 2.75

SIDES & SNACKS

Fresh Fruit .75

Fresh Veggies with Dip .75

Cheese Stick .45

Side Salad 1.50

Baked Chips .75

Fresh Baked Cookie .75

BeneFIT Bar 1.25

Hershey® Ice Cream 1.15

Welch's® Fruit Snacks 1.00

Rice Krispies Treats 1.00

DRINKS

Nestle® Water 16oz 1.00

T.G. Lee® Milk .75

Envy® 1.50

Apple & Eve® Juice Box .65

Fruit Smoothie 1.75

Menu is subject to change.

= Contains Pork