



# MIDDLE SCHOOL

## September Menu



Manage your meals online at:  
**MySchoolBucks.com**

**FREE** Breakfast and Lunch Meals for a Limited Time in Support of Our Community

★ = Limited Time Only  
🐷 = This Contains Pork

### BREAKFAST

All Meals Include An Entrée, Fruit,  
100% Fruit Juice and/or Milk

#### MONDAY

Waffles and Sausage 🐷  
General Mills® Cereals and Cheese Stick  
BenefIT® Bar

#### TUESDAY

Chicken Biscuit  
General Mills® Cereals and Cheese Stick  
BenefIT® Bar

#### WEDNESDAY

Bacon, Egg & Cheese Croissant 🐷  
General Mills® Cereals and Cheese Stick  
BenefIT® Bar

#### THURSDAY

Chicken Biscuit  
General Mills® Cereals and Cheese Stick  
BenefIT® Bar

#### FRIDAY

French Toast Sticks & Sausage 🐷  
General Mills® Cereals and Cheese Stick  
BenefIT® Bar

Menus including A La Carte Menu  
available online at [RedAppleDining.com](http://RedAppleDining.com)

## FEATURED MEAL OF THE DAY

All Meals Include an Entrée, Fruit,  
Juice, Vegetables and/or Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
30 100% All Beef Burger or Black Bean Burger French Fries	31 Chicken or Beef Burrito Bowl with Toppings	1 Boneless Wings Mashed Potatoes Gravy Dinner Roll	2 Baked Pasta Broccoli Garlic Breadstick	3 General Tso's or Teriyaki Chicken Rice California Vegetables
6 <b>HAPPY LABOR DAY</b>	7 100% All Beef Burger or Black Bean Burger French Fries	8 Boneless Wings Mashed Potatoes Gravy Dinner Roll	9 Chicken Alfredo Broccoli Garlic Breadstick	10 Maple Waffles Fruit Topping Eggs & Sausage 🐷 Home Fries
13 100% All Beef Burger or Black Bean Burger French Fries	14 Chicken or Beef Burrito Bowl with Toppings	15 Boneless Wings Mashed Potatoes Gravy Dinner Roll	16 Spaghetti & Meat Sauce Broccoli Garlic Breadstick	17 General Tso's or Teriyaki Chicken Rice California Vegetables
20 100% All Beef Burger or Black Bean Burger French Fries	21 Chicken or Beef Burrito Bowl with Toppings	22 Boneless Wings Mashed Potatoes Gravy Dinner Roll	23 Baked Pasta Broccoli Garlic Breadstick	24 Maple Waffles Fruit Topping Eggs & Sausage 🐷 Home Fries
27 100% All Beef Burger or Black Bean Burger French Fries	28 Chicken or Beef Burrito Bowl with Toppings	29 Boneless Wings Mashed Potatoes Gravy Dinner Roll	30 Chicken Alfredo Broccoli Garlic Breadstick	1 General Tso's or Teriyaki Chicken Rice California Vegetables



Menu is subject to change.

Due to limited product availability, some items  
may be temporarily unavailable.

### EVERYDAY FAVORITES

YOGURT  
PARFAIT MEAL

SPECIALTY  
SALAD MEAL  
Turkey & Cheese  
or Chicken Caesar

OVEN FRESH  
PIZZA MEAL  
Cheese, Pepperoni 🐷  
or Buffalo Chicken

SANDWICH MEAL  
Crispy or Spicy Chicken