



MIDDLE SCHOOL

October 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

Pancakes & Sausage 🐷
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

FEATURED MEAL OF THE DAY

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

Monday	Tuesday	Wednesday	Thursday	Friday
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 Veggies
4 100% All Beef Burger or Black Bean Burger French Fries	5 Chicken or Beef Burrito Bowl with Toppings	6 Boneless Wings Mashed Potatoes Gravy Dinner Roll	7 Baked Pasta Broccoli Garlic Breadstick	8 NO SCHOOL
11 100% All Beef Burger or Black Bean Burger French Fries	12 Chicken or Beef Burrito Bowl with Toppings	13 Boneless Wings Mashed Potatoes Gravy Dinner Roll	14 Spaghetti & Meat Sauce Broccoli Garlic Breadstick	15 General Tso's Chicken Rice California Veggies
18 100% All Beef Burger or Black Bean Burger French Fries	19 Chicken or Beef Burrito Bowl with Toppings	20 Boneless Wings Mashed Potatoes Gravy Dinner Roll	21 Baked Pasta Broccoli Garlic Breadstick	22 NEW! Rib-B-Q Sandwich 🐷 Baked Beans
25 100% All Beef Burger or Black Bean Burger French Fries	26 Chicken or Beef Burrito Bowl with Toppings	27 Boneless Wings Mashed Potatoes Gravy Dinner Roll	28 Spaghetti & Meat Sauce Broccoli Garlic Breadstick	29 General Tso's Chicken Rice California Veggies



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

CHICKEN SANDWICH MEAL
Crispy or Spicy