

OCTOBER 2025

Middle School Lunch Menu

Breakfast and Lunch are FREE for all students!

Our menu consists of Whole Grains, Fresh Fruits and Vegetables.

Students must take a fruit and/or vegetable with each lunch.

All meals are served with the option of milk.

Sunbutter and Jelly Sandwiches and Vegetarian Meals served daily.

Please inform food service staff if you have a food allergy.

V= Vegetarian LG=Locally Grown LTO= Limited Time Offer

HOTM=Harvest of the Month



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cheesy Popcorn 29 Chicken Bowl Cheesy Veggie Nugget Bowl V Hamburgers & Cheeseburgers Southwest Salad with Tortilla Chips LG V Italian Sub Cucumbers & Chickpea Salad Apples & Pears</p>	<p>Turkey Barbacoa Taco 30 Kickin' Bean Taco V Pizzadilla Yogurt Dip Platter V Buffalo Chicken Wrap Carrots LG & Fiesta Corn Oranges & Apples</p>	<p>World Vegetarian Day! 1 Mac and Cheese with a Dinner Roll V Cheese Quesadilla V Southwest Salad with Tortilla Chips LG V Chipotle Chickpea Sub Broccoli & Carrots LG Bananas & Berry Cup</p>	<p>Honey Stung Popcorn Chicken 2 with a Biscuit Chicken Gyro with Tzatziki Falafel Gyro with Tzatziki V Yogurt Dip Platter V Buffalo Chicken Wrap Roasted Potatoes & Celery Pears & Fresh Fruit Cup</p>	<p>Cheese Pizza V 3 Big Mac Pizza Southwest Salad with Tortilla Chips LG V Italian Sub Red Pepper Strips & Side Salad LG Apples & Bananas</p>
<p>Chicken Dumplings with Mixed Veggies 6 Chicken Tenders with a Dinner Roll Veggie Nuggets with a Dinner Roll V Spicy Popcorn Chicken Salad with Flatbread LG Turkey and Cheese Sandwich Pickled Cucumbers & Corn Apples & Pears</p>	<p>Arroz con Pollo 7 Bosco Cheese Sticks with Marinara V Bagel Power Pack V Ham and Cheese Roll Ups Kickin' Beans & Carrots LG Oranges & Apples</p>	<p>Early Release! 8 Hamburgers & Cheeseburgers Black Bean Burger V Spicy Popcorn Chicken Salad with Flatbread LG Turkey and Cheese Sandwich Oven Roasted Broccoli & Carrots LG Bananas & Berry Cup</p>	<p>Chili Garlic Popcorn Chicken Lo Mein 9 Chili Garlic Veg Nugget Lo Mein V Meatball Sub Bagel Power Pack V Ham and Cheese Roll Ups Green Beans & Tater Tots Pears & Fresh Fruit Cup</p>	<p>Cheese Pizza V 10 Buffalo Chicken Pizza Spicy Popcorn Chicken Salad with Flatbread LG Turkey and Cheese Sandwich Red Pepper Strips & Side Salad LG Apples & Bananas</p>
<p>No School 13 Indigenous Peoples' Day Happy National School Lunch Week!</p>	<p>Beef Taco 14 Kickin' Bean Taco V Crispy Chicken Sandwich or Spicy Chicken Sandwich Pizza Platter Greek Chicken Wrap LG Street Corn Salad & Cucumbers Oranges & Apples</p>	<p>Laurie's American Chop Suey 15 Chicken Drumsticks with a Dinner Roll Veggie Nuggets with a Dinner Roll V Greek Salad with Flatbread LG V Chicken Salad Sandwich Broccoli & Oven Roasted Butternut Squash LG Bananas & Berry Cup</p>	<p>LTO: Smoked Sausage 16 & Cheesy Potato Soup with Soft Pretzel Dippers Pizza Crunchers V Pizza Platter Greek Chicken Wrap LG Oven Roasted Chickpeas & Carrots LG Pear & Fresh Fruit Cup</p>	<p>Lucky Tray Day! 17 Cheese Pizza V Pepperoni Pizza Greek Salad with Flatbread LG V Chicken Salad Sandwich Red Pepper Strips & Side Salad LG Apples & Bananas</p>
<p>Philly Chicken Sub 20 Maple Mini Pancakes with Omelet V Chicken Bacon Ranch Salad with Flatbread LG Ham and Cheese Sandwich Broccoli & Carrots LG Apples & Pears</p>	<p>Buffalo Chicken Dip 21 Hot Dogs HOTM: Perfect Pear Power Pack V Chicken Caesar Wrap LG Roasted Chickpeas & Cucumbers Oranges & Apples</p>	<p>Lasagna Roll Ups 22 with Garlic Bread Fish and Chips with Coleslaw Chicken Bacon Ranch Salad with Flatbread LG Ham and Cheese Sandwich Corn & Roasted Cauliflower Bananas & Berry Cup</p>	<p>Black Bean, Pork, and Plantain Rice Bowl 23 Crispy Chicken Sandwich Or Spicy Crispy Chicken Sandwich HOTM: Perfect Pear Power Pack V Chicken Caesar Wrap LG Green Beans & Carrots LG Pears & Fresh Fruit Cup</p>	<p>Cheese Pizza V 24 Chicken Bacon Ranch Pizza Chicken Bacon Ranch Salad with Flatbread LG Ham and Cheese Sandwich Red Pepper Strips & Side Salad LG Apples & Bananas</p>
<p>Deluxe Chicken Sandwich with Honey Bee Sauce Pizza Crunchers V Chicken Caesar Salad with Flatbread LG Tuna Salad Sandwich Waffle Fries & Pickled Cucumbers Apples & Pears</p>	<p>Wally's Boomin' Nachos 28 Wally's Boomin' Bean Nachos V Ham and Cheese Melt with Sweet Potato Fries Pretzel Platter V Turkey BLT LG Kickin' Beans & Sweet Potato Fries Oranges & Apples</p>	<p>Cheese Ravioli with Garlic Bread 29 Hamburgers & Cheeseburgers Chicken Caesar Salad with Flatbread LG Tuna Salad Sandwich Broccoli & Carrots LG Bananas & Berry Cup</p>	<p>General Tso's Popcorn Chicken with Fried Rice Waffles with Chicken Sausage or Vegetarian Sausage V Pretzel Platter V Turkey BLT LG Roasted Veggies & Green Beans Pears & Fresh Fruit Cup</p>	<p>Happy Halloween! 31 Cheese Pizza V BBQ Chicken Pizza Chicken Caesar Salad with Flatbread LG Tuna Salad Sandwich Red Pepper Strips & Side Salad LG Oranges & Orange Sidekicks</p>