

Guidelines for secondary students: milk, vegetables, fruit or 100% juices are offered at every meal; cereal, milk and 100% fruit juices available every morning.

# OCTOBER 2017

## Middle School

Daily Selections: Choice of fresh fruits, fresh or steamed vegetables, whole grain rolls, entrée salads, yogurt, cereal, main entrée and alternate

### Monday

Grab 'N Go Breakfast **2**  
Lasagna  
Dinner Roll  
Steamed Broccoli

Alt: Chicken Wrap

Teacher's In-Service **9**  
No School  


Grab 'N Go Breakfast **16**  
Chicken Patty on WG Roll  
Spinach Salad  
French Fries

Alt: Pizza

Grab 'N Go Breakfast **23**  
Pork, Sauerkraut  
Mashed Potatoes, Applesauce  
Dinner Roll

Alt: Cheeseburger

Grab 'N Go Breakfast **30**  
Cheesesteak  
Veggie Mix  
Waffle Fries

Alt: Hot Dog on WG Roll

### Tuesday

Grab 'N Go Breakfast **3**  
Chicken Nuggets w/Sauce  
Baked Beans  
Pasta Salad

Alt: Chicken Wrap

Grab 'N Go Breakfast **10**  
French Toast Stix  
Sausage Patty  
Tator Tots

Alt: Grilled Ham & Cheese

Grab 'N Go Breakfast **17**  
Cheeseburger on WG Roll  
Steamed Carrots  
Onion Rings

Alt: Pizza

Grab 'N Go Breakfast **24**  
Chicken Fries  
Baked Beans, Cucumber Stix  
Soft Pretzel

Alt: Cheeseburger

Grab 'N Go Breakfast **31**  
Goblin Spaghetti w/Meatballs  
Green Beans, Bread & Butter  
Spooky Ice Cream Sundae

Alt: Hot Dog on WG Roll

### Wednesday

Grab 'N Go Breakfast **4**  
Ham & Cheese Melt on  
Pretzel Roll, Baked Chips  
Steamed Zucchini

Alt: Chicken Wrap

Grab 'N Go Breakfast **11**  
Pork BBQ w/Cheddar Cheese  
Creamed Cabbage  
Rosemary Garlic Red Potatoes

Alt: Grilled Ham & Cheese

Grab 'N Go Breakfast **18**  
Grilled BBQ Chicken  
Pierogies, Baked Beans  
Applesauce

Alt: Pizza

Grab 'N Go Breakfast **25**  
Hot Dog on WG Roll  
Macaroni & Cheese  
Stewed Tomatoes

Alt: Cheeseburger

### Thursday

Grab 'N Go Breakfast **5**  
California Cheeseburger  
Crispy Fries  
Sweet Corn

Alt: Chicken Wrap

Grab 'N Go Breakfast **12**  
Bulldog Bowl  
Popcorn Chicken, Corn,  
Mashed Potatoes

Alt: Grilled Ham & Cheese

Grab 'N Go Breakfast **19**  
Nachos Grande  
w/Lettuce, Tomatoes,  
Cheese, Green Beans

Alt: Pizza

Grab 'N Go Breakfast **26**  
Bulldog Bowl  
Popcorn Chicken, Corn,  
Mashed Potatoes

Alt: Cheeseburger

### Friday

Grab 'N Go Breakfast **6**  
Tailgate / Homecoming Party  
Chicken Cheese Quesadilla  
w/Salsa & Sour Cream  
Carrots/Celery w/Dip  
Warm Chocolate Chip Cookie  
Alt: Buffalo Chicken Pizza

Grab 'N Go Breakfast **13**  
Corn Dog, Baked Beans  
Cucumbers, Carrots, Broccoli  
with Dip

Alt: Grilled Ham & Cheese

Grab 'N Go Breakfast **20**  
Chicken Alfredo  
Sweet Peas  
Bread Stick

Alt: Pizza

Grab 'N Go Breakfast **27**  
Meatball Parmesan on WG Roll  
Steamed Broccoli  
Side of Pasta

Alt: Cheeseburger

Included with all meals is a choice of:  
Fruit, Juice or Milk

Breakfast: \$1.95  
Lunch: \$2.80

Reduced Breakfast: \$0.30  
Reduced Lunch: \$0.40

MENU IS SUBJECT TO AVAILABILITY AND CHANGE WITHOUT NOTICE