

OCTOBER 2018

Middle School

MONDAY

See breakfast menu **1**

Pizza
Steamed Carrots
Fruit, Milk

Alt: Grilled Chicken Wrap

NO SCHOOL **8**
TEACHER IN-SERVICE



See breakfast menu **15**

Chicken Patty on
WG Roll
Steamed Broccoli
Sweet Potato Fries
Fruit, Milk

Alt: Pizza

See breakfast menu **22**

Corn Dog
Baby Carrots
Baked Beans
Soft Pretzel
Fruit, Milk

Alt: Cheeseburger

See breakfast menu **29**

Cheesesteak
on WG Roll
Sliced Cucumbers &
Carrots w/Dip
Fruit, Milk

Alt: Hot Dog on WG Roll

TUESDAY

See breakfast menu **2**

WG Chicken Nuggets
Sliced Peppers &
Cucumbers
Fruit, Milk

Alt: Grilled Chicken Wrap

See breakfast menu **9**

French Toast Stix
w/Syrup
Sausage
Tator Tots
Fruit, Milk

Alt: Grilled Cheese

See breakfast menu **16**

Salisbury Steak
Sweet Peas
Roasted Red Potatoes
Fruit, Milk

Alt: Pizza

See breakfast menu **23**

Chicken Parmesan
on WG Roll
Steamed Broccoli
Side of Pasta
Fruit, Milk

Alt: Cheeseburger

See breakfast menu **30**

BULLDOG BOWL
Popcorn Chicken, Corn
Mashed Potatoes
Baby Carrots
Fruit, Milk

Alt: Hot Dog on WG Roll

WEDNESDAY

See breakfast menu **3**

Soft or Hard Taco
w/Lettuce, Tomato,
Bush's Taco Fiesta,
Black Beans
Fruit, Milk

Alt: Grilled Chicken Wrap

See breakfast menu **10**

BULLDOG BOWL
Popcorn Chicken
Corn, Mashed Potatoes
Baby Carrots
Fruit, Milk

Alt: Grilled Cheese

See breakfast menu **17**

Grilled BBQ Chicken
Pierogies
Applesauce
Fruit, Milk

Alt: Pizza

See breakfast menu **24**

Grilled Cheese
Creamy Tomato Soup
Cauliflower
Goldfish Crackers
Fruit, Milk

Alt: Cheeseburger

See breakfast menu **31**

Spooky Pasta
w/Eyeballs (meatballs)
Scarecrow Salad
Frankenstein Bread
Stix, Spooky Sundae
Fruit, Milk

Alt: Hot Dog on WG Roll

THURSDAY

See breakfast menu **4**

Rodeo Burger
on a WG Roll
Crispy Fries
Fruit, Milk

Alt: Grilled Chicken Wrap

See breakfast menu **11**

BBQ on WG Roll
Grilled Zucchini
Baked Beans
Fruit, Milk

Alt: Grilled Cheese

See breakfast menu **18**

Walking Taco
w/Lettuce, Tomato,
Cheese
Black Bean Salsa
Fruit, Milk

Alt: Pizza

See breakfast menu **25**

Chicken Nuggets
Green Beans
Smiley Fries
Dinner Roll
Fruit, Milk

Alt: Cheeseburger

DID YOU KNOW...
October comes from the Latin
word "octo" which means eight.

FRIDAY

See breakfast menu **5**

Chicken Alfredo
Steamed Broccoli
Fruit, Milk

Alt: Grilled Chicken Wrap

See breakfast menu **12**

Stuffed Shells
w/Marinara Sauce
Romaine Tossed Salad
Sliced Veggies
Fruit, Milk

Alt: Grilled Cheese

See breakfast menu **19**

Beef Rigatoni w/Sauce
Spinach Salad
WG Breadstick
Fruit, Milk

Alt: Pizza

See breakfast menu **26**

Nachos Grande!
Nachos w/Meat,
Cheese, Lettuce,
Tomato, Black Bean
Salsa
Fruit, Milk
Alt: Cheeseburger

School News

WE NOW HAVE A SEPARATE BREAKFAST MENU! PLEASE LOOK AT THIS NEW MENU FOR YOUR BREAKFAST CHOICES.

Breakfast: \$1.95
Reduced Breakfast: \$0.30
Lunch: \$2.90
Reduced Lunch: \$0.40

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

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

Menu is subject to availability and change without notice