

**October  
2021**

## **Middle School Lunch Menu**

**Lunch Includes:**  
3 of the 5 Components  
Choice of Fruit, Vegetable,  
Grain, Meat or Meat Alternate  
and Milk

**Milk Choice:**  
Skim, 1% or Fat Free  
Chocolate  
(Hormone & Antibiotic Free)

**Daily Options:**  
Made to Order Deli and  
Salads  
**Pizza:**  
Cheese, Pepperoni, and  
Specialty Pies  
**Also Available:**  
Spicy and Plain Chicken  
Patties, Burgers, Black Bean  
Burgers, Chicken Tenders

Gluten Free Meals are Available  
Only to Students with  
Documented Restrictions  
Please See Separate Gluten  
Free Menu

Any questions please email:  
[cooper-nicole@aramark.com](mailto:cooper-nicole@aramark.com)

**All School Meals Are**  
**Free For All**  
**Students Until 6/30/22**



This institution is an equal opportunity provider.

**1**  
Bacon  
Cheeseburger  
French Fries  
Baby Carrots  
Choice of Fruit and  
Milk

**4**  
French Toast  
Sticks  
Chicken Sausage  
Sliced Cucumbers  
Choice of Fruit and  
Milk

**5**  
Beef Tacos in a  
hard shell  
Mexican Rice  
Choice of Fruit and  
Milk

**6**  
Chicken Parm  
Sandwich  
Steamed Broccoli  
Choice of Fruit and  
Milk

**7**  
Corn Dog  
Baked Veggie  
Beans  
Choice of Fruit and  
Milk

**8**  
Chicken Patty  
Steamed Corn  
Choice of Fruit and  
Milk

**11**  
School Closed  
Columbus Day

**12**  
Meatball Parm  
Sandwich  
Steamed Broccoli  
Choice of Fruit and  
Milk

**13**  
Pancakes  
Chicken Sausage  
Sliced Cucumbers  
Choice of Fruit and  
Milk

**14**  
Chicken  
Quesadilla  
Roasted Corn  
Choice of Fruit and  
Milk

**15**  
All Beef Hot Dogs  
Baked Veggie  
Beans  
Choice of Fruit and  
Milk

**18**  
Popcorn Chicken  
Mashed Potatoes  
and Corn  
Choice of Fruit and  
Milk

**19**  
Beef Nachos  
Black Beans  
Choice of Fruit and  
Milk

**20**  
Macaroni and  
Cheese  
Dinner Roll  
Celery Sticks  
Choice of Fruit and  
Milk

**21**  
Chicken Tenders  
Steamed Broccoli  
Choice of Fruit and  
Milk

**22**  
Philly Cheese  
Steak  
Baby Carrots  
Choice of Fruit and  
Milk

**25**  
Cheese Filled  
Breadsticks  
Marinara Sauce  
Choice of Fruit and  
Milk

**26**  
Beef Tacos in a  
hard shell  
Mexican Rice  
Black Beans  
Choice of Fruit and  
Milk

**27**  
BBQ Chicken  
Flatbread  
Steamed Broccoli  
Choice of Fruit and  
Milk

**28**  
Pasta and Meat  
Sauce  
Steamed Green  
Beans  
Choice of Fruit and  
Milk

**29**  
Mini Maple Waffles  
Chicken Sausage  
Fresh Sliced  
Cucumbers  
Choice of Fruit and  
Milk