




OCTOBER 2019 MIDDLE-H.S. LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHEESEBURGER SUB TOSSED GARDEN SALAD PEAS, PINEAPPLE CHUNKS FRESH FRUIT CHOICES MILK CHOICES	2 PIZZA CASSEROLE GARLIC TOAST GREEN BEANS, FRUIT & VEGGIE SALAD BAR MILK CHOICES	3 CHICKEN FAJITAS MEXICAN RICE BAKED BEANS, FRESH VEGGIE STICKS, ASSORTED FRUITS MILK CHOICES	4 PIZZA SLICES WITH ASSORTED TOPPINGS SALAD BAR, ASSORTED VEGGIES AND FRUITS MILK CHOICES
EXPRESS CHEF SALAD	EXPRESS CHICKEN CAESAR	EXPRESS BLT/YOGURT	EXPRESS TACO SALADS	EXPRESS BBQ CHICKEN SALAD
7 CHICKEN TERIYAKI VEGGIE FRIED RICE ASSORTED VEGGIES W/DIP ASSORTED FRUITS MILK CHOICES	8 CORN CHOWDER & GRILLED CHEESE SANDWICH TOSSED GARDEN SALAD FRUIT & VEGGIE CHOICES MILK CHOICES	9 CHICKEN BURGER PASTA SALAD TOSSED GARDEN SALAD ASSORTED FRUIT & VEGGIES MILK CHOICES	10 SHEPHERD'S PIE WG DINNER ROLL ASSORTED VEGETABLES FRUIT CHOICES MILK CHOICES	11 <u>NO SCHOOL TODAY!</u> <u>TEACHER INSERVICE DAY!</u>
EXPRESS CHEF SALAD	EXPRESS CHICKEN CAESAR	EXPRESS BLT/YOGURT	EXPRESS TACO SALADS	EXPRESS BBQ CHICKEN SALAD
14 <u>NO SCHOOL TODAY!</u> <u>HOLIDAY!</u>	15 CHICKEN LO MEIN WITH EGG ROLL, CARROTS, BROCCOLI SALAD, FORTUNE COOKIE, ASSORTED FRUITS MILK CHOICES	16 RODEO BURGER BAKED BEANS TOSSED GARDEN SALAD ASSORTED FRUIT & VEGGIES MILK CHOICES	17 CHICKEN NUGGETS & SWEET POTATO FRIES ASSORTED FRUIT & VEGGIES APPLE CRISP MILK CHOICES	18 PERSONAL PAN PIZZA W/TOPPINGS, VEGGIES & DIP CAESAR SALAD FRUIT CHOICES MILK CHOICES
EXPRESS CHEF SALAD	EXPRESS CHICKEN CAESAR	EXPRESS BLT/YOGURT	EXPRESS TACO SALADS	EXPRESS BBQ CHICKEN SALAD
21 SPAGHETTI WITH MEAT SAUCE, GARLIC ROLL ASSORTED VEGGIES W/DIP FRESH & CANNED FRUITS MILK CHOICES	22 TOMATO SOUP W/GOLDFISH, GRILLED CHEESE STEAMED BROCCOLI ASSORTED FRUITS MILK CHOICES	23 SOFT-SHELLED TACOS MEXICAN RICE ASSORTED VEGGIES FRUIT CHOICES MILK CHOICES	24 BBQ PULLED PORK SUBS COLESLAW FRUIT & VEGETABLE BAR FRESH FRUITS MILK CHOICES	25 GARLIC DIPPING STICKS WITH MARINARA TOSSED GARDEN SALAD FRUIT CHOICES MILK CHOICES
EXPRESS CHEF SALAD	EXPRESS CHICKEN CAESAR	EXPRESS BLT/YOGURT	EXPRESS TACO SALADS	EXPRESS BBQ CHICKEN SALAD
28 CHICKEN QUESADILLA MEXICAN RICE ASSORTED VEGGIES W/DIP ASSORTED FRUITS MILK CHOICES	29 ROTINI MAC & CHEESE FISH STICKS ASSORTED VEGGIES ASSORTED FRUITS MILK CHOICES	30 MEATBALL SUBS TOSSED GARDEN SALAD ASSORTED FRUITS CHOCOLATE CHIP COOKIE MILK CHOICES	31 POPCORN CHICKEN MASHED POTATOES ROLL, SALAD BAR HALLOWEEN TREAT! MILK CHOICES	DELI SANDWICH BAR EXPRESS SALADS OFFERED DAILY!
EXPRESS CHEF SALAD	EXPRESS CHICKEN CAESAR	EXPRESS BLT/YOGURT	EXPRESS TACO SALADS	EXPRESS BBQ CHICKEN SALAD

QUESTIONS, COMMENTS OR CONCERNS, PLEASE CONTACT BARBARA BONNELL, NUTRITION DIRECTOR-465-7384 or bbonnell@rsu18.org

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