

OCTOBER Middle School Lunch Menu



Food Service Director: Ryne Spaulding
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570-253-6083 Ext: 1

The Grille

Chicken Patty on a Bun offered everyday!
Yogurt Parfait always available!
Monday — Mozzarella Sticks w/ Sauce
Tuesday — Cheese Burger
Wednesday — Mozzarella Sticks w/ Sauce
Thursday — Cheese Burger
Friday — Mozzarella Sticks w/ Sauce

The Garden

Breaded Chicken Caesar Salad
Chef Salad w/ Turkey & Ham
Breaded Chicken Salad

The Pizzeria

Cheese Pizza offered everyday!
Monday — BBQ Chicken Pizza
Tuesday — Sausage & Cheese Pizza
Wednesday — Broccoli Pizza
Thursday — Buffalo Chicken Pizza
Friday — Cheesy White Pizza

Grab & Go

Monday — Ham & Cheese Wrap
Tuesday — Chicken & Cheese Wrap
Wednesday — Bacon Chicken Ranch Wrap
Thursday — Breaded Chicken Caesar Wrap
Friday — Breaded Chicken Ranch Wrap

	Monday	Tuesday	Wednesday	Thursday	Friday
3	Grilled Cheese French Fries Oranges Low Fat Milk 	Buffalo Chicken Alfredo Slice of Fresh Bread Steamed Carrots Strawberries Low Fat Milk	Pancakes and Sausage Tater Tots Apple Sauce Low Fat Milk	Spaghetti and Meatballs Steamed Corn Pear Low Fat Milk	Mozzarella and Tomato Panini Mixed Vegetables Mixed Fruit Low Fat Milk 12:30 Dismissal
10	Walking Taco with Beef Slice of Fresh Bread French Fries Apple Slices Low Fat Milk	Baked Rigatoni Slice of Fresh Bread Mixed Vegetables Diced Peaches Low Fat Milk	Italian Panini Kale Caesar Pineapple Tidbits Low Fat Milk 	Macaroni and Cheese Slice of Fresh Bread Mashed Potatoes Gravy Mandarin Oranges Low Fat Milk	Meatball Hoagie Shredded Cheese Steamed Green Peas Mixed Fruit Low Fat Milk
17	Boneless Wings Slice of Fresh Bread Oven Roasted Carrots Oranges Low Fat Milk	Three Cheese Grilled Panini Steamed Green Beans Mixed Fruit Low Fat Milk	Chicken Burrito Bowl Steamed Rice Steamed Broccoli Apple Sauce Low Fat Milk	Popcorn Chicken Bowl Mashed Potatoes Pear Low Fat Milk	Cheesy Pull-a-Parts Steamed Green Peas Apple Slices Low Fat Milk
24	Pepperoni Calzones Steamed Corn Apple Slices Low Fat Milk	Hot Turkey Sandwich and Gravy Steamed Green Beans Diced Peaches Low Fat Milk	Beef and Cheese Loaded Fries Slice of Fresh Bread Steamed Broccoli Pineapple Tidbits Low Fat Milk 12:30 Dismissal 	BBQ Pork Sandwich Mashed Potatoes Gravy Mandarin Oranges Low Fat Milk 	Waffles and Sausage Tater Tots Mixed Fruit Low Fat Milk
31	Breaded Chicken Parmesan with Pasta Oven Roasted Carrots Oranges Low Fat Milk				

The Deli

Italian Hoagie
Peanut Butter & Jelly Sandwich
Breaded Buffalo Chicken Wrap
All offered daily!

Accompaniments

*Must take at least one 1/2 cup of fruit or vegetable

***Vegetable Bar includes:**
Broccoli Florets
Baby Carrots
Cauliflower
Celery Sticks
Fresh Cucumber

***Fruits include:**
Banana
Apple
Orange
Apple-Slices
Grapes
Pear
Apple-Sauce

Diced Peaches
Mixed-Fruit
Pineapple Tidbits
Mandarin Oranges
Strawberries

Milk

Milk Choices Offered Daily:
1% white, non-fat white, non-fat chocolate

Proud to manage your food service program

Lunch Prices: Paid \$2.85 Reduced \$.40

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MENUS SUBJECT TO CHANGE