



2024 Middle Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| | 1 PANCAKES Chicken & Cheese Quesadilla with/ Salsa & Sour Cream Fiesta Rice Corn Choice of Fruit and Milk | 2 YOGURT PARFAIT Cheeseburger on WG Roll Baby Baked Potatoes Glazed Carrots Choice of Fruit Choice of Milk | 3 WAFFLES French Toast Sticks w/ Syrup Sausage Hash Brown Celery w/ Peanut Butter Choice of Fruit and Milk | 4 BREAKFAST SANDWICH Pizza Tossed Salad Whole Grain Cookie Choice of Fruit Choice of Milk |
| 7 BREAKFAST PASTRY Grilled Cheese on Whole Grain Bread Tomato Soup with Crackers Steamed Broccoli Choice of Fruit and Milk | 8 BREAKFAST BURRITO Breaded Chicken Filet Sandwich Glazed Carrots Fries Choice of Fruit and Milk | 9 YOGURT PARFAIT Traveling Tacos w/ Meat, Cheese & Salsa Fiesta Black Beans Churro Choice of Fruit and Milk | 10 EGG & CHEESE STUFFED HASHBROWN General Tso Chicken Fried Rice Steamed Broccoli Fortune Cookie Choice of Fruit and Milk | 11 BREAKFAST SANDWICH NO SCHOOL |
| 14 BREAKFAST BREAD/MUFFINS NO SCHOOL | 15 PANCAKES Chicken Tenders w/ Whole Grain Roll Au Gratin Potatoes California Blend Vegetables Choice of Fruit and Milk | 16 YOGURT PARFAIT Crunchy Fish Sandwich w/ Tartar Sauce Fries Glazed Carrots Choice of Fruit and Milk | 17 WAFFLES Baked Chicken Drumstick Whole Grain Roll Mashed Potatoes & Gravy Mixed Vegetables Choice of Fruit and Milk | 18 BREAKFAST SANDWICH Breaded Ravioli w/ Marinara Sauce Steamed Broccoli Texas Toast Choice of Fruit and Milk |
| 21 BREAKFAST PASTRY Orange Chicken Over Brown Rice Oriental Vegetable Blend Fortune Cookie Choice of Fruit and Milk | 22 BREAKFAST BURRITO Beef Burrito w/ Cheese Refried Beans Brown Rice Lettuce, Tomato & Salsa Choice of Fruit and Milk | 23 YOGURT PARFAIT Chicken Alfredo w/ Penne Pasta Steamed Broccoli Garlic Bread Choice of Fruit and Milk | 24 EGG & CHEESE STUFFED HASHBROWN Cheese or Western Omelet Cornbread Hash Brown Celery w/ Peanut Butter Choice of Fruit and Milk | 25 BREAKFAST SANDWICH Pizza Caesar Salad Whole Grain Cookie Choice of Fruit Choice of Milk |
| 28 BREAKFAST BREAD/MUFFINS Hot Dog on Whole Grain Roll Macaroni & Cheese Buttered Peas Choice of Fruit and Milk | 29 PANCAKES Cowboy Quesadilla Texas Ranchero Beans Hush Puppies Fresh Veggies & Dip Choice of Fruit and Milk | 30 YOGURT PARFAIT Popcorn Chicken Bowl Mashed Potatoes & Gravy Corn Whole Grain Roll Choice of Fruit and Milk | 31 HAPPY HALLOWEEN PUMPKIN BREAD Meatballs & Pasta w/ Marinara Sauce Garlic Bread Dirt Pudding Choice of Fruit and Milk | |
| Deli Sandwich Lettuce, Tomato, Onion & Pickles OR Peanut Butter & Jelly | Deli Sandwich Lettuce, Tomato, Onion & Pickles OR Peanut Butter & Jelly | Deli Sandwich Lettuce, Tomato, Onion & Pickles OR Peanut Butter & Jelly | Deli Sandwich Lettuce, Tomato, Onion & Pickles OR Peanut Butter & Jelly | Deli Sandwich Lettuce, Tomato, Onion & Pickles OR Peanut Butter & Jelly |


****BREAKFAST****
Assorted Cereal
Gluten Free Options Available

ZeeZees Breakfast Bars
Nut, Dairy, Egg & Sesame Free

Assorted Fruit
100% Fruit Juice
Assorted Milk
Served Every Day

****LUNCH****
Sides Come With All Lunch Options
Fresh Carrot & Apple Packs
****Served Every Day****
A Variety of Fresh, Canned and/or Frozen Fruit and Fresh Vegetables
****Served Every Day****

Choice of Milk



October 14th-18th National School Lunch Week
Sail through your day with **Good Nutrition**
Arrrrrr Maties! Grab your eye patch and join us for School Lunch
Receive a Booty Buck Every Day
1 BB = Snack or Cookie
2 BB = Ice Cream




Menu subject to change without notice
Student Breakfast FREE
Student Lunch \$2.50
Milk & Juice \$0.50



"This institution is an equal opportunity provider"