



BC Middle School LUNCH Menu - September 2022

MON

TUE

WED

THU

FRI

9/5 Labor Day <i>No School</i>	9/6 -Nachos & Cheese with Salsa Cup -Chicken Salad on Roll Fruit & Veggie Milk	9/7 -Italian Cheesy PullApart with Marinara Sauce -Turkey & Cheese Sub Green Salad w/Dressing Fruit Choice Milk	9/8 -Chicken Tenders (4ea) With French Fries -Tuna Salad on Roll Fruit Choice BBQ Sauce Cup & Ketchup Milk & Graham Cracker	9/9 -Primo Cheese Pizza -Turkey & Cheese Sub Fruit Choice Mixed Steamed Veggie Milk
9/12 -Breakfast for Lunch French Toast Sticks, Sausage, Breakfast Potato & Juice Cup -Ham & Cheese Sandwich Fruit & Veggie Milk	9/13 -Taco Salad w/Tort. Chips (Turkey or Black Bean) -Chicken Salad on Roll Fruit & Veggie Salsa & Sour Cream Milk	9/14 -Wild Mikes Cheese Bites (5) with Marinara Sauce Cup -Turkey & Cheese Sub Steamed Broccoli Fruit Choice Milk	9/15 -Chicken Tenders (4ea) With French Fries -Tuna Salad on Roll Fruit Choice BBQ Sauce Cup & Ketchup Milk & Graham Cracker	9/16 -Primo Cheese Pizza -Turkey & Cheese Sub Fruit Choice Steamed Yellow Corn Milk
9/19 -Breakfast for Lunch French Toast Sticks, Sausage, Breakfast Potato & Juice Cup -Ham & Cheese Sandwich Fruit & Veggie Milk	9/20 -Nachos & Cheese with Salsa Cup -Chicken Salad on Roll Fruit & Veggie Milk	9/21 -Breaded Mozz Sticks (5ea) with Marinara Sauce Cup -Turkey & Cheese Sub Green Salad w/Dressing Fruit Choice Milk	9/22 -Chicken Tenders (4ea) with French Fries -Tuna Salad on Roll Fruit Choice BBQ Sauce Cup & Ketchup Milk & Graham Cracker	9/23 -Primo Cheese Pizza -Turkey & Cheese Sub Fruit Choice Mixed Steamed Veggie Milk
9/26 Rosh Hashanah <i>No School</i>	9/27 -Breakfast for Lunch French Toast Sticks, Sausage, Breakfast Potato & Juice Cup -Ham & Cheese Sandwich Fruit & Veggie Milk	9/28 -Italian Cheesy PullApart with Marinara Sauce -Turkey & Cheese Sub Steamed Broccoli Fruit Choice Milk	9/29 -Chicken Tenders (4ea) with French Fries -Tuna Salad on Roll Fruit Choice BBQ Sauce Cup & Ketchup Milk & Graham Cracker	9/30 -Primo Cheese Pizza -Turkey & Cheese Sub Fruit Choice Steamed Yellow Corn Milk

EVERYDAY Meal Options:

- ~PBJ Sandwich w/String Cheese (Veg)
- ~Hummus Lunch Kit (Vegan/GF)
- ~Cheerios Cereal Meal Kits (Veg/GF)

All Meals include Milk, Vegetable and Fruit. The offerings change daily.

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 MENU IS SUBJECT TO CHANGE WITHOUT NOTICE