

## OCTOBER 2023

## Middle School Lunch Menu

Lunch \$3.25

Doubles \$1.75

Milk \$.60

National School Lunch Week: Level UP w/School Lunch



## Monday

French Toast Sticks **2**  
Sausage Links, Hashbrown  
100% Orange Juice  
Fruit Choice & Syrup Cup  
**NYS Milk**

**Columbus Day**  
**No School**

Cheeseburger on a Bun **16**  
French Fries  
Rainbow Pepper Sticks & Dip  
Fruit Choice  
**NYS Milk**

Grilled Cheese Sandwich **23**  
Broccoli & Cheddar Soup  
Goldfish Cracker & String Cheese  
Fresh Fruit & Veggie Choice  
**NYS Milk**

French Toast Sticks **30**  
Yogurt Cup & Mini Hashbrowns  
100% Orange Juice  
Fruit Choice & Syrup Cup  
**NYS Milk**

## Tuesday

Pasta w/Marinara (Beef) **3**  
Garlic Breadstick  
Steamed Broccoli  
Fruit Choice  
**NYS Milk**

Tubular Beef Tacos **10**  
(Refried Beans, Cheese Lettuce)  
Yellow Corn  
Salsa Cup & Sour Cream  
Fruit Choice & **NYS Milk**

Cheesy Breadstick (2ea) **17**  
with Marinara Sauce Cup  
Fresh Veggie Cup  
Fruit Choice  
Cookie & **NYS Milk**

Taco Salad w/Chips **24**  
(Taco Meat, Lettuce, Cheese)  
Black Bean & Corn Salad  
Salsa, Sour Cream, Fruit  
Rice Crispy & **NYS Milk**

Mummy Dogs **31**  
w/Tomato Soup  
Fruit Choice & Fresh Veggie w/Dip  
Dirt Pudding Cup  
**NYS Milk**

## Wednesday

Chicken & Waffles **4**  
Sweet Potato Fries  
Fresh Fruit & Veggie Choice  
Grape Juice & Syrup Cup  
**NYS Milk**

Slowpoke Sloppy Joe **11**  
on a Blastoise Bun  
Pac Man Smiley Fries 🤪  
Peas & Carrots  
Fruit Choice & **NYS Milk**

Chicken Nuggets **18**  
Dinner Roll  
Sweet Potato Tots  
Green Beans & Fruit Choice  
**NYS Milk**

Popcorn Chicken (12pc) **25**  
Mashed Potatoes w/Chs & Gravy  
Dinner Roll & Corn  
Fruit Choice  
**NYS Milk**

## Thursday

Hot Dog on a Bun **5**  
Corn  
Baked Beans  
Fruit Choice  
**NYS Milk**

Orange Chicken & Rice **12**  
Yoshi's Egg Roll  
Roasted Broccoli  
Fruit Choice  
**NYS Milk**

Chicken Alfredo Pasta **19**  
Bread Stick  
Steamed Broccoli  
Fruit Choice  
**NYS Milk**

Macaroni & Cheese **26**  
**Soft Baked Pretzel**  
Fresh Veggie Cup  
Fruit Choice  
**NYS Milk**

## Friday

**NO SCHOOL**  
**SUPERINTENDANT'S**  
**DAY**

Fire Flower **13**  
Cheese Pizza  
Steamed Mixed Vegetables  
Princess Peach Cobbler 🍰  
**NYS Milk**

Cheese Pizza **20**  
Steamed Mixed Vegetables  
Fruit Choice  
**NYS Milk**

Cheese Pizza **27**  
Steamed Mixed Vegetables  
Fruit Choice  
**NYS Milk**

October is National  
Pretzel Month! 🥨



**Happy Halloween!**



We are striving to support our New York State food producers. Items highlighted in green are NYS food products.

Pork Free Menu is Available Daily Upon Request (turkey alternatives)

Menu is subject to change, notice posted when available. The institution is an equal opportunity provider