

Daily Alternate Entrée Options:

Hummus & Tortilla Chips
 Uncrustables
 Rotating Deli Sandwich: See Website

Meal Pricing:

Lunch: \$3.25
 Milk: \$0.60

MENU

MIDDLE SCHOOL LUNCH MENU

Cornell Cooperative Extension
 (CCE) will be visiting each
 school in the month of
 September to provide
 lunchtime education about the
 Harvest of the Month: **Corn**

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SEPTEMBER
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Labor Day No School 2	Conference Day No School 3	Conference Day No School 4	Chicken Nuggets 5 Warm Garlic Breadstick Smiley Fries Fresh Grape Tomatoes Assorted Fruit	Cheese Pizza or Pepperoni Pizza 6 Garden Salad Applesauce Cup
French Toast Sticks 9 Cheese Omelet Sweet Potato Tots Baby Carrots w/ Dip Assorted Fruit & Syrup	Ultimate Nachos 10 (Seasoned Ground Beef) Salsa & Sour Cream Fiesta Black Beans & Corn Pepper Sticks w/ Dip	Popcorn Chicken Bites 11 Mozzarella Sticks Marinara Sauce Crinkle Cut French Fries Cucumber Slices w/ Dip	Macaroni & Cheese 12 Mini Cornbread Breaded Broccoli Bites Fresh Grape Tomatoes Warm Cinnamon Apples	Cheese Pizza or Pepperoni Pizza 13 Garden Salad French Toast Grahams & Assorted Fruit
Ham & Cheese Croissant 16 Tomato Soup Goldfish Crackers Baby Carrots w/ Dip	Rotini with Meat Sauce (beef) 17 Garlic Breadstick Pepper Sticks w/Hummus Assorted Fruit	BBQ Chicken 18 Pasta Salad Potato Wedges Corn on the Cob  of the Month Assorted Fruit	Sweet & Sour Chicken 19 Stir Fry Noodles w/ Veggies Steamed Broccoli Fresh Grape Tomatoes Assorted Fruit	Cheese Pizza or Pepperoni Pizza 20 Garden Salad Mango Peach Applesauce Cup
Chicken & Waffles 23 Home Fries Baby Carrots w/ Hummus Assorted Fruit Syrup Cup	Bosco Sticks w/ Marinara Sauce 24 Broccoli Pepper Sticks w/ Dip Assorted Fruit & Brownie Bar	Pulled Pork Sandwich 25 Sweet Potato Waffle Fries Cucumber Slices w/ Hummus Assorted Fruit	Pasta Alfredo w/ Chicken 26 Garlic Texas Toast Green Peas Fresh Grape Tomatoes Assorted Fruit **CCE at Middle School**	Cheese Pizza or Pepperoni Pizza 27 Garden Salad Emoji Graham Crackers Assorted Fruit
Cheeseburger 30 French Fries Baby Carrots w/ Dip Assorted Fruit Mini Choc Chip Cookies	1	2	3	4

View Menus Online



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change.
 Notice is posted when available.

All lunch meals include a variety of fresh fruit, vegetables and low-fat white or flavored milk.

