

# October Middle Schools

Unlimited Fruits & Vegetables  
included with your Meal



**Available Daily**

- Whole Wheat Bagel w/ String Cheese & Stonyfield Organic Yogurt
- Peanut Butter & Jelly Sandwich
- WG Cereal w/ String Cheese
- Fruit, Granola & Yogurt Parfait
- Our Homemade Hummus<sup>GF</sup> w/ Crunchy Tortilla Chips  
Fresh made Sesame Free Hummus

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**ON THE MENU!**  
Chicken<sup>ABF</sup> Fajitas w/w/out  
Onion, Peppers & Cheese

**ON THE MENU!**  
Pasta Marinara with  
Homemade Meatballs<sup>FS</sup>

**ON THE MENU!**  
Grilled Chicken<sup>ABF,GF</sup> Caesar  
Salad w/w/out Croutons

**ON THE MENU!**  
Hummel Bros. All Beef<sup>NNF,GF</sup>  
Uncured Hot Dog

**21 MONDAY 22 TUESDAY 23 WEDNESDAY 24 THURSDAY 25 FRIDAY**

Entree	Whole Grain Waffles with Chicken Sausages	Tacos, Soft or Hard Shell Served with your favorite toppings	Pasta Shells Marinara or with Meatballs	Peruvian Chicken with Black Beans and Brown Rice	French Bread Pizza
Hot Oven	Chicken Caesar Salad	Veggie Quesadilla	Broccoli and Cheese Baked Potato	Quinoa Salad	Hummel Hot Dog with Baked French Fries
Pizza	Fresh Made Cheese Pizza Marinara Sauce and Shredded Mozzarella Sausage Pizza	Fresh Made Cheese Pizza Marinara Sauce and Shredded Mozzarella <sup>FS,V</sup> Bacon Pizza	Fresh Made Cheese Pizza Marinara Sauce and Shredded Mozzarella Veggie Pizza	Fresh Made Cheese Pizza Marinara Sauce and Shredded Mozzarella Buffalo Chicken <sup>ABF</sup> Pizza	Fresh Made Cheese Pizza Marinara Sauce and Shredded Mozzarella French Bread Pizza
DELI	Boar's Head Chicken Caesar Wrap Assorted Deli Sandwiches	Boar's Head Chipotle Chicken Sandwich Assorted Deli Sandwiches	Boar's Head Boar's Head Oven Gold Turkey Deli Assorted Deli Sandwiches	Boar's Head Ham & Cheese Deli Assorted Deli Sandwiches	Boar's Head Italian Combo Assorted Deli Sandwiches
Signature Salads Quick To-Go	TUNA PASTA SALAD Pasta Shells combined w/ Tuna and Ranch Dressing Spinach Salad	Grilled Chicken <sup>ABF,GF</sup> Caesar Salad w/w/out Whole Grain Croutons Chicken Noodle Soup	TUNA PASTA SALAD Pasta Shells combined w/ Tuna and Ranch Dressing Spinach Salad	Grilled Chicken <sup>ABF,GF</sup> Caesar Salad w/w/out Whole Grain Croutons Chicken Noodle Soup	TUNA PASTA SALAD Pasta Shells combined w/ Tuna and Ranch Dressing Spinach Salad

Included with your entree, unlimited fresh fruit and vegetable cups, fresh local skim milk, 1% milk and skim chocolate milk offered daily. Gluten Free choices (available without a bun) are designated with a "GF" symbol. Hormone and antibiotic free choices are designated with a "ABF" symbol. Nitrate and nitrite free choices are designated with a "NNF" symbol. Vegetarian choices are designated with a "V" symbol. Menu subject to change.