

# 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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	7 MONDAY	8 TUESDAY	9 WEDNESDAY	10 THURSDAY	11 FRIDAY
Entree	Whole Grain Waffles with Chicken Sausages	Macaroni and Cheese	School Closed  Yom Kippur	100% Ground Beef Hamburger or Cheeseburger <sup>FS, GF</sup> served w/ Oven Baked Fries	Grilled Cheese Sandwich with Tomato Soup
Hot Oven	Egg and Cheddar Cheese Wrap	Hot Ham and Cheese Croissant		Italian Submarine Sandwich	Baja Fish Sticks with Tartar Sauce. Served with WW Dinner Roll  <b>FARM FRESH APPLE BASKET</b>
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  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 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		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 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.