




OCTOBER 2018 MIDDLE-H.S. LUNCH



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	FISH BITES MASHED POTATOES ROLL, ASSORTED FRESH VEGGIES & FRUITS MILK CHOICES	2	CHEESEBURGER SUB TOSSED GARDEN SALAD PEAS, PINEAPPLE CHUNKS FRESH FRUIT CHOICES MILK CHOICES	3	PIZZA CASSEROLE GARLIC TOAST GREEN BEANS, FRUIT & VEGGIE SALAD BAR MILK CHOICES	4	GARLIC DIPPING STICKS WITH RED SAUCE BAKED BEANS, FRESH VEGGIE STICKS, ASSORTED FRUITS MILK CHOICES	5	NO SCHOOL TODAY!
EXPRESS CHEF SALAD		EXPRESS CHICKEN CAESAR		EXPRESS BLT/YOGURT		EXPRESS TACO SALADS		EXPRESS BBQ CHICKEN SALAD	
8	<u>NO SCHOOL TODAY!</u> <u>COLUMBUS DAY!</u>	9	CHICKEN CORDON BLEU CASSEROLE WITH ROLL TOSSED GARDEN SALAD FRUIT & VEGGIE CHOICES MILK CHOICES	10	CHICKEN BURGER PASTA SALAD TOSSED GARDEN SALAD ASSORTED FRUIT & VEGGIES MILK CHOICES	11	SHEPHERD'S PIE WG DINNER ROLL ASSORTED VEGETABLES FRUIT CHOICES MILK CHOICES	12	PIZZA SLICES WITH ASSORTED TOPPING BAKED BEANS, ASSORTED VEGGIES AND FRUITS MILK CHOICES
EXPRESS CHEF SALAD		EXPRESS CHICKEN CAESAR		EXPRESS BLT/YOGURT		EXPRESS TACO SALADS		EXPRESS BBQ CHICKEN SALAD	
15	CHICKEN TERIYAKI VEGGIE FRIED RICE ASSORTED VEGGIES W/DIP ASSORTED FRUITS MILK CHOICES	16	CHICKEN LO MEIN WITH EGG ROLL, CARROTS AND BROCCOLI, FORTUNE COOKIE, ASSORTED FRUITS MILK CHOICES	17	RODEO BURGER BAKED BEANS TOSSED GARDEN SALAD ASSORTED FRUIT & VEGGIES MILK CHOICES	18	CHICKEN NUGGETS & SWEET POTATO FRIES ASSORTED FRUIT & VEGGIES CHOCOLATE PUDDING MILK CHOICES	19	PERSONAL PAN PIZZA W/TOPPINGS, VEGGIES & DIP CAESAR SALAD FRUIT CHOICES MILK CHOICES
EXPRESS CHEF SALAD		EXPRESS CHICKEN CAESAR		EXPRESS BLT/YOGURT		EXPRESS TACO SALADS		EXPRESS BBQ CHICKEN SALAD	
22	SPAGHETTI WITH MEAT SAUCE, GARLIC ROLL ASSORTED VEGGIES W/DIP FRESH & CANNED FRUITS MILK CHOICES	23	TOMATO SOUP W/GOLDFISH, GRILLED CHEESE STEAMED BROCCOLI ASSORTED FRUITS MILK CHOICES	24	SOFT-SHELLED TACOS MEXICAN RICE ASSORTED VEGGIES FRUIT CHOICES MILK CHOICES	25	BBQ PULLED PORK SUBS COLESLAW FRUIT & VEGGIE CHOICES MILK CHOICES	26	GARLIC DIPPING STICKS WITH MARINARA TOSSED GARDEN SALAD FRUIT CHOICES MILK CHOICES
EXPRESS CHEF SALAD		EXPRESS CHICKEN CAESAR		EXPRESS BLT/YOGURT		EXPRESS TACO SALADS		EXPRESS BBQ CHICKEN SALAD	
29	CHICKEN QUESADILLA MEXICAN RICE ASSORTED VEGGIES W/DIP ASSORTED FRUITS MILK CHOICES	30	ROTINI MAC & CHEESE FISH STICKS ASSORTED VEGGIES ASSORTED FRUITS MILK CHOICES	31	CHEESEBURGER SUB TOSSED GARDEN SALAD ASSORTED FRUITS CHOCOLATE CHIP COOKIE MILK CHOICES			DELI SANDWICH BAR EXPRESS SALADS OFFERED DAILY!	
EXPRESS CHEF SALAD		EXPRESS CHICKEN CAESAR		EXPRESS BLT/YOGURT					

QUESTIONS, COMMENTS OR CONCERNS, PLEASE CONTACT BARBARA BONNELL, NUTRITION DIRECTOR-465-7384 or bbonnell@rsu18.org

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