



# OCTOBER 2019 MIDDLE-H.S. LUNCH



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		<b>1</b>	CHEESEBURGER SUB TOSSED GARDEN SALAD PEAS, PINEAPPLE CHUNKS FRESH FRUIT CHOICES MILK CHOICES	<b>2</b>	PIZZA CASSEROLE GARLIC TOAST GREEN BEANS, FRUIT & VEGGIE SALAD BAR MILK CHOICES	<b>3</b>	CHICKEN FAJITAS MEXICAN RICE BAKED BEANS, FRESH VEGGIE STICKS, ASSORTED FRUITS MILK CHOICES	<b>4</b>	PIZZA SLICES WITH ASSORTED TOPPINGS SALAD BAR, ASSORTED VEGGIES AND FRUITS MILK CHOICES
		EXPRESS CHEF SALAD		EXPRESS CHICKEN CAESAR		EXPRESS BLT/YOGURT		EXPRESS TACO SALADS	
<b>7</b>	CHICKEN TERIYAKI VEGGIE FRIED RICE ASSORTED VEGGIES W/DIP ASSORTED FRUITS MILK CHOICES	<b>8</b>	CORN CHOWDER & GRILLED CHEESE SANDWICH TOSSED GARDEN SALAD FRUIT & VEGGIE CHOICES MILK CHOICES	<b>9</b>	CHICKEN BURGER PASTA SALAD TOSSED GARDEN SALAD ASSORTED FRUIT & VEGGIES MILK CHOICES	<b>10</b>	SHEPHERD'S PIE WG DINNER ROLL ASSORTED VEGETABLES FRUIT CHOICES MILK CHOICES	<b>11</b> <u><b>NO SCHOOL TODAY!</b></u>  <u><b>TEACHER INSERVICE DAY!</b></u>	
EXPRESS CHEF SALAD		EXPRESS CHICKEN CAESAR		EXPRESS BLT/YOGURT		EXPRESS TACO SALADS			
<b>14</b> <u><b>NO SCHOOL TODAY!</b></u>  <u><b>HOLIDAY!</b></u>		<b>15</b>	CHICKEN LO MEIN WITH EGG ROLL, CARROTS, BROCCOLI SALAD, FORTUNE COOKIE, ASSORTED FRUITS MILK CHOICES	<b>16</b>	RODEO BURGER BAKED BEANS TOSSED GARDEN SALAD ASSORTED FRUIT & VEGGIES MILK CHOICES	<b>17</b>	CHICKEN NUGGETS & SWEET POTATO FRIES ASSORTED FRUIT & VEGGIES APPLE CRISP MILK CHOICES	<b>18</b>	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	
<b>21</b>	SPAGHETTI WITH MEAT SAUCE, GARLIC ROLL ASSORTED VEGGIES W/DIP FRESH & CANNED FRUITS MILK CHOICES	<b>22</b>	TOMATO SOUP W/GOLDFISH, GRILLED CHEESE STEAMED BROCCOLI ASSORTED FRUITS MILK CHOICES	<b>23</b>	SOFT-SHELLED TACOS MEXICAN RICE ASSORTED VEGGIES FRUIT CHOICES MILK CHOICES	<b>24</b>	BBQ PULLED PORK SUBS COLESLAW FRUIT & VEGETABLE BAR FRESH FRUITS MILK CHOICES	<b>25</b>	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	
<b>28</b>	CHICKEN QUESADILLA MEXICAN RICE ASSORTED VEGGIES W/DIP ASSORTED FRUITS MILK CHOICES	<b>29</b>	ROTINI MAC & CHEESE FISH STICKS ASSORTED VEGGIES ASSORTED FRUITS MILK CHOICES	<b>30</b>	MEATBALL SUBS TOSSED GARDEN SALAD ASSORTED FRUITS CHOCOLATE CHIP COOKIE MILK CHOICES	<b>31</b>	POPCORN CHICKEN MASHED POTATOES ROLL, SALAD BAR HALLOWEEN TREAT! MILK CHOICES	<b>DELI SANDWICH BAR</b> <b>EXPRESS SALADS</b> <b>OFFERED DAILY!</b>	
EXPRESS CHEF SALAD		EXPRESS CHICKEN CAESAR		EXPRESS BLT/YOGURT		EXPRESS TACO SALADS			

QUESTIONS, COMMENTS OR CONCERNS, PLEASE CONTACT BARBARA BONNELL, NUTRITION DIRECTOR-465-7384 or [bbonnell@rsu18.org](mailto:bbonnell@rsu18.org)

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER!**