







October Menu for Jr. High

Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div>October 11 - 15</div> <div>  <div>#NSLW21</div> <div>Let's Celebrate!</div> <div>National School Lunch week</div> </div> <div>  </div> </div>				
Choose 1: French toast sticks, cereal or Pop-Tarts Choose 2 or 3: fruit, juice, milk	Choose 1: Biscuit & gravy, cereal or Pop-Tarts Choose 2 or 3: fruit, juice, milk	Choose 1: B-fast sandwich, cereal or smoothie Choose 2 or 3: fruit, juice, milk	Choose 1: Biscuit, sausage, & gravy cereal or Pop-Tarts Choose 2 or 3: fruit, juice, milk	Choose 1: Mini donuts, cereal or Pop-Tarts Choose 2 or 3: fruit, juice, milk
LUNCH Choose 1: Smart Mouth pizza or Boom boom chicken sandwich Choose up to 4: green beans, Veg. beans, applesauce, milk 4	LUNCH Choose 1: Smart Mouth pizza or MaxSnax & chips Choose up to 4: refried beans, salsa, slushy, milk 5	LUNCH Choose 1: Smart Mouth pizza or chicken sandwich w/fries Choose up to 4: green beans, peaches, pudding, milk 6	LUNCH Choose 1: Smart Mouth pizza or mini corn dogs w/chips Choose up to 4: Broccoli casserole, green beans, fruit cocktail, milk 7	LUNCH Choose 1: Smart Mouth pizza or Hot dog & chips Choose up to 4: green beans, succotash, slushy, milk 1
Choose 1: Cho. Chip muffin, cereal or Pop-Tarts Choose 2 or 3: fruit, juice, milk	Choose 1: Biscuit & gravy, cereal or Pop-Tarts Choose 2 or 3: fruit, juice, milk	Choose 1: Scrambled eggs & toast or cereal or smoothie Choose 2 or 3: fruit, juice, milk	Choose 1: Biscuit & sausage, cereal or Pop-Tarts Choose 2 or 3: fruit, juice, milk	Choose 1: B-fast pizza, cereal or Pop-Tarts Choose 2 or 3: fruit, juice, milk
LUNCH Choose 1: Smart Mouth pizza or chicken sticks w/roll  Choose up to 4: mashed potatoes, carrots, fresh fruit, milk 11	LUNCH Choose 1: Smart Mouth pizza or turkey, bacon cheddar & ranch w/tots Choose up to 3: broccoli, rosy apples, milk 12	LUNCH Choose 1: Smart Mouth pizza or Walking taco  Choose up to 4: lettuce & tomato, pinto beans, fruit cocktail, milk 13	LUNCH Choose 1: Smart Mouth pizza or Chicken Caesar club w/fries Choose up to 4: carrots w/ranch, vegetarian beans, peaches, milk 14	LUNCH Choose 1: Smart Mouth pizza pizza stick  Choose up to 4: green beans, corn, applesauce, milk 15
Choose 1: B-fast pizza, cereal or Pop-Tarts Choose 2 or 3: fruit, juice, milk	Choose 1: Biscuit & gravy, cereal or Pop-Tarts Choose 2 or 3: fruit, juice, milk	Choose 1: BeneFIT bar or cereal or smoothie Choose 2 or 3: fruit, juice, milk	Choose 1: Biscuit & sausage w/egg, cereal or Pop-Tarts Choose 2 or 3: fruit, juice, milk	<div>No School October 22</div> 
LUNCH Choose 1: Smart Mouth pizza hamburger w/chips Choose up to 4: vegetarian beans, salsa, pears, milk 18	LUNCH Choose 1: Smart Mouth pizza or pizza sub w/fries Choose up to 4: broccoli, fruit cocktail, cookie, milk 19	LUNCH Choose 1: Smart Mouth pizza or beef nachos Choose up to 4: corn, chips & salsa, fresh fruit, milk 20	LUNCH Choose 1: Smart Mouth pizza or mini corn dogs Choose up to 4: tossed green salad, pinto beans, rosy apples, milk 21	
Choose 1: BeneFIT bar, cereal or Pop-Tarts Choose 2 or 3: fruit, juice, milk	Choose 1: Biscuit & gravy, cereal or Pop-Tarts Choose 2 or 3: fruit, juice, milk	Choose 1: Mini donuts or cereal or smoothie Choose 2 or 3: fruit, juice, milk	Choose 1: Chicken biscuit, cereal or Pop-Tarts Choose 2 or 3: fruit, juice, milk	
LUNCH Choose 1: Smart Mouth pizza or Sloppy Joe w/fries Choose up to 4: vegetarian beans, fresh fruit, milk 25	LUNCH Choose 1: Smart Mouth pizza or pizza crunchers Choose up to 4: broccoli casserole, green beans, sorbet, milk 26	LUNCH Choose 1: Smart Mouth pizza or Sriracha chicken nachos Choose up to 4: lettuce & tomato, chips & salsa, peaches, milk 27	LUNCH Choose 1: Smart Mouth pizza or popcorn chicken w/roll Choose up to 4: potatoes & gravy, white beans, applesauce, milk 28	LUNCH Choose 1: Smart Mouth pizza or boom boom chicken w/chips Choose up to 4: veg. beans, veggies w/dip, fruit, milk 29

This institution is an equal opportunity provider.