

# OCTOBER | 2021



**Tinora Middle School**

*USDA is an equal opportunity provider and employer.*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

27	28	29	30	1 Pizza Romaine w/ dressing Sliced cucumbers Applesauce
4 Mini Pancakes w/ syrup Sausage Carrots w/ dip Juice  Scrambled eggs w/ toast	5 Homemade Mac & Cheese Green Beans Breadstick Pears  Grilled Chicken Salad Meal	6 Breaded Chicken Patty French Fries Mandarin Oranges  Fish Sandwich	7 Turkey Gravy Mashed Potatoes Dinner Roll w/marg x 2 Broccoli w/ dip Applesauce  Salisbury Steak	8 Pizza Corn 3-bean salad Apple
11 Mini Corn Dogs Tater tots Cherry Tomatoes Pineapple  Pizza Burger	12 Nachos w/ cheese Steamed Carrots Pretzel Orange wedges  Grilled Chicken Salad Meal	13 Turkey & Cheese Sandwich French Fries Pears  Burrito	14 Soft taco Lettuce & cheese Sour cream & salsa Refried beans Peaches Snack  Chalupa	15 Homemade Cheese Pizza Romaine w/ dressing Applesauce Slushie
18 Popcorn Chicken w/ BBQ Doritos Cauliflower w/ dip Mixed Fruit  Chimichanga w/ Queso	19 French Toast w/ syrup Sausage Carrots w/ dip Juice Donut Hole  Grilled Chicken Salad Meal	20 Hamburger Cheese Slice Pickles French Fries Grapes  Ham Sandwich	21 Chili soup w/ crackers Bread & Butter PB cup Peaches Ice cream  Ravioli	22 Pizza Steamed Broccoli Sliced peppers w/ dip Banana
25 Chicken Nuggets w/ BBQ Potato Wedges Cherry Tomatoes Applesauce Snack  Fish Sticks	26 Pork Chop Mashed Potatoes Dinner Roll w/ marg. Pineapple  Grilled Chicken Salad Meal	27 Hot Dog Chili Sauce French Fries Pears  Hot Chicken Sandwich	28 Grilled Cheese Tomato Soup Crackers Mandarin Oranges  Hot Beef Sandwich	29 Pizza Baked Beans Broccoli w/ dip Peaches

## News

Choice of Milk:  
Chocolate  
Strawberry  
White  
Skim

### Breakfast

Adult	2.25
K-12	1.80
Reduced	0.30
Milk	0.60

### Lunch

Adult	3.90
Student	3.00
Reduced	0.40
Milk	0.60

### Daily Ala Carte options:

- PB & J
- Muffins
- Salads
- Cookies
- Chips
- Ice cream treats
- Gatorade
- ICE drinks
- Apple juice
- Propel
- Water

Menu subject to change