



OCTOBER.LUNCH.MENU.



MIDDLEFORK

Artificial
Ingredients,
Additives,
Preservatives

High-Fructose
Corn Syrup

Fried Foods
Mystery Meats

ALWAYS fresh
NEVER frozen

4-Star Schod
Lunch
Provider!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pasta & Meatballs Garlic Bread Steamed Veggies Fresh Fruit	2 Cheese Quesadilla Brown Rice Steamed Veggies Fresh Fruit	3 French Toast Sticks Hash Brown Fresh Fruit	4 Greek Chicken Pita Vegetable Pilaf Fresh Fruit	5 Pizza Bread Garden Salad Fresh Fruit
8 Stuffed Shells Steamed Veggies Fresh Fruit	9 Beef Walking Taco Fresh Fruit	10 Chicken Fried Rice Steamed Broccoli Fresh Fruit	11 Grilled Cheese Tomato Soup Kettle Chips Fresh Fruit	12 Bosco Sticks Caesar Salad Fresh Fruit
15 Baked Mostaccioli Dinner Roll Steamed Veggies Fresh Fruit	16 Chicken Tacos Mexican Rice Steamed Veggie Fresh Fruit	17 Pizza Bagel Garden Salad Fresh Fruit	18 Grilled Cheese Tomato Soup Kettle Chips Fresh Fruit	19 Cheese Pizza Chopped Salad Fresh Fruit
22 Cheese Lasagna Steamed Veggies Fresh Fruit	23 Beef Burrito Steamed Veggies Fresh Fruit	24 Baked Chicken Tenders Mashed Potato Steamed Vegetables Fresh Fruit	25 HALF DAY	26 NO SCHOOL
29 Mac & Cheese Garlic Bread Steamed Veggie Fresh Fruit	30 Chicken Enchilada Brown Rice Steamed Veggies Fresh Fruit	31 Cheeseburger Tots Slaw Fresh Fruit		

Daily Options Available:

- * Bagel and Cream Cheese
- * Burger
- * Soy-Butter and Jelly

