

Middle School Menu 19-20

October

Tuesday, October 1, 2019			Wednesday, October 2, 2019			Thursday, October 3, 2019			Friday, October 4, 2019		
Menu Item	Carb	Fiber	Menu Item	Carb	Fiber	Menu Item	Carb	Fiber	Menu Item	Carb	Fiber
Layer Chicken Bowl w/ 2oz Roll	78	7	Sweet and Sour Chicken w/ rice	66	1	Chicken Soft Tacos	32	5	Macaroni and Cheese w/ garlic toast	44	3
Layer Buffalo Chicken Bowl w/ 2oz Roll	71	7	Pepperoni Pizza	38	4	Bosco Sticks	34	5	Pepperoni Pizza	38	4
Bosco Sticks	34	5	Cheese Pizza	39	4				Cheese Pizza	39	4
Monday, October 7, 2019			Tuesday, October 8, 2019			Wednesday, October 9, 2019			Thursday, October 10, 2019		
Menu Item	Carb	Fiber	Menu Item	Carb	Fiber	Menu Item	Carb	Fiber	Menu Item	Carb	Fiber
Rib B Que Sandwich	42	4	Buffalo Chicken Tator Bowl	50	7	Teriyaki Beef w/ rice	63	2	Corn Dog	30	5
						Pepperoni Pizza	38	4	Bosco Sticks	34	5
Pizza Rippers - Cheese	32	2	Bosco Sticks	34	5	Cheese Pizza	39	4	Toasted Cheese	29	2
Pizza Rippers - Pepperoni	27	4									
Tator Tots offered w/ all Meals	20	2									
Monday, October 14, 2019			Tuesday, October 15, 2019			Wednesday, October 16, 2019			Thursday, October 17, 2019		
Menu Item	Carb	Fiber	Menu Item	Carb	Fiber	Menu Item	Carb	Fiber	Menu Item	Carb	Fiber
Popcorn Crispy Chicken w/ Garlic Toast	32	4	Chicken and Waffles w/ syrup cup	56	6	Orange Chicken Bowl w/ Noodles	55	6	Beef and Cheese Nachos	41	3
Popcorn Spicy Chicken w/ Garlic Toast	29	4	Bosco Sticks	34	5	Pepperoni Pizza	38	4	Chicken and Cheese Nachos	39	2
Pizza Rippers - Cheese	32	2				Cheese Pizza	39	4	Bean and Cheese Nachos	55	8
Pizza Rippers - Pepperoni	27	4									
									Bosco Sticks	34	5
Potato Wedges Served with all Meals	21	2									
Monday, October 21, 2019			Tuesday, October 22, 2019			Wednesday, October 23, 2019			Thursday, October 24, 2019		
Menu Item	Carb	Fiber	Menu Item	Carb	Fiber	Menu Item	Carb	Fiber	Menu Item	Carb	Fiber
Crispy Chicken Tenders w/ Garlic Toast	28	4	Country Steak w/Mashed Potatoes & Gravy, 2oz Roll	65	6	General Tso's Chicken w/ Noodles	67	6	Chicken Drumstick w/roll, potato wedges	57	6
Spicy Chicken Tenders w/ Garlic Toast	28	4	Bosco Sticks	34	5	Pepperoni Pizza	38	4			
Pizza Rippers - Cheese	32	2				Cheese Pizza	39	4	Bosco Sticks	34	5
Pizza Rippers - Pepperoni	27	4							Toasted Cheese	29	2
Chicken Filet Sandwich	44	4									
Tator Tots offered w/ all Meals	20	2									
10/28/2019			Tuesday, October 29, 2019			Wednesday, October 30, 2019			Thursday, October 31, 2019		
Menu Item	Carb	Fiber	Menu Item	Carb	Fiber	Menu Item	Carb	Fiber	Menu Item	Carb	Fiber
All White Meat Chicken Nuggets	26	2	Layer Chicken Bowl w/ 2oz Roll	78	7	Sweet and Sour Chicken w/ rice	66	1	Chicken Soft Tacos	32	5
Pizza Rippers - Cheese	32	2	Layer Buffalo Chicken Bowl w/ 2oz Roll	71	7	Pepperoni Pizza	38	4	Bosco Sticks	34	5
Pizza Rippers - Pepperoni	27	4	Bosco Sticks	34	5	Cheese Pizza	39	4			
Potato Wedges Served with all Meals	21	2									

Also Offered Each Day:	Carb	Fiber
Hamburger	28	3
Cheeseburger	28	3
Crispy Chicken Sandwich	44	5
Spicy Chicken Sandwich	45	5
Deli Sand chs,turk chs, turk ham chs	*	*
PBJ Sandwich - Grape	64	7
PBJ Sandwich - Strawberry	64	7
Yogurt and Granola	62	4
Variety of Prepared Salads		

* Please refer to Carbohydrate List as there are too many options to list