## Middle School Menu 19-20

## October

			Tuesday, October 1, 201			Wednesday, October 2,	2019		Thursday, October 3, 20	19		Friday, October 4, 2019		
			Menu Item	Carb	Fibe	r Menu Item	Carb	Fiber	Menu Item	Carb		Menu Item	Carb	Fibe
			Layer Chicken Bowl w/ 2oz Roll	78		7 Sweet and Sour Chicken w/ rice	66	1	Chicken Soft Tacos	3:	2 5	Macaroni and Cheese w/ garlic toast	44	4
			Layer Buffalo Chicken Bowl w/ 2oz Roll	71		7 Pepperoni Pizza	38	4	Bosco Sticks	3.	5	Pepperoni Pizza	38	8
			Bosco Sticks	34		5 Cheese Pizza	39	4				Cheese Pizza	39	
											-			+
														+
														+
														+
Monday, October 7, 2019	)		Tuesday, October 8, 201	9		Wednesday, October 9,	2019		Thursday, October 10, 20	119		Friday, October 11, 2019		
Menu Item		Fiber	Menu Item		Fibe	r Menu Item		Fiber	Menu Item	Carb	Fiber	Menu Item	Carb	Fib
Rib B Que Sandwich	42		Buffalo Chicken Tator Bowl	50		7 Terivaki Beef w/ rice	63		Corn Dog	30	5			+:
		1		- 50		Pepperoni Pizza	38		Bosco Sticks	34		No School		+
Pizza Rippers - Cheese	32	2	Bosco Sticks	34		5 Cheese Pizza	39		Toasted Cheese	29	2	THE CONTROL		+
Pizza Rippers - Cheese Pizza Rippers - Pepperoni	27		DOGGO GUGKS	34	+	J OHEGOC FIZZA	39	- 4	Todotcu Offeese	29			+	+
i izza i rippera - i epperani	21	-		1	1	+	1		1		1		+	+
Tator Tots offered w/ all Meals	20	2		<u> </u>	+	+	<del>                                     </del>			<del>                                     </del>	1		+	+
Tator Tots offered w/ all Meals	20				+		1		Treat		1			+
Monday, October 14, 201	0	<u> </u>	Tuesday, October 15, 20	10		Wednesday, October 16	2010		Thursday, October 17, 20	110	<u> </u>	Friday, October 18, 2019		_
Menu Item		Iribaa	Menu Item		Fibe			Tib an	Menu Item	Carb	Tiber	Menu Item	Carb	Fib
					_									
Popcorn Crispy Chicken w/ Garlic Toast	32		Chicken and Waffles w/ syrup cup	56		6 Orange Chicken Bowl w/ Noodles	55		Beef and Cheese Nachos	4		Pasta with Meat Sauce	37	
Popcorn Spicy Chicken w/ Garlic Toast	29		Bosco Sticks	34	!	5 Pepperoni Pizza	38		Chicken and Cheese Nachos	3:		Pepperoni Pizza	38	_
Pizza Rippers - Cheese	32					Cheese Pizza	39	4	Bean and Cheese Nachos	5	8	Cheese Pizza	39	Э
Pizza Rippers - Pepperoni	27	4												
									Bosco Sticks	3-	5			
Potato Wedges Served with all Meals	21	2												
		<u> </u>								<u> </u>	<u> </u>			
Monday, October 21, 201		1	Tuesday, October 22, 20			Wednesday, October 23			Thursday, October 24, 20			Friday, October 25, 2019	1	
Menu Item	Carb	Fiber	Menu Item	Carb	Fibe	r Menu Item	Carb	Fiber	Menu Item	Carb	Fiber	Menu Item	Carb	Fib
			Country Steak w/Mashed Potatoes &											
Crispy Chicken Tenders w/ Garlic Toast	28		Gravy, 2oz Roll	65		6 General Tso"s Chicken w/ Noodles	67	6	Chicken Drumstick w/roll, potato wedges	5	6	Lasagna Roll Ups	49	_
Spicy Chicken Tenders w/ Garlic Toast	28		Bosco Sticks	34	. !	5 Pepperoni Pizza	38	4	4			Pepperoni Pizza	38	
Pizza Rippers - Cheese	32	2				Cheese Pizza	39	4	Bosco Sticks	3-	5	Cheese Pizza	39	Э
												Country Steak w/Mashed Potatoes & Gravy,		
Pizza Rippers - Pepperoni	27	_							Toasted Cheese	29	2	2oz Roll		—
Chicken Filet Sandwich	44													
Tator Tots offered w/ all Meals	20	2							_					
10/28/2019			Tuesday, October 29, 20			Wednesday, October 30			Thursday, October 31, 20	)19				
Menu Item	Carb	Fiber	Menu Item	Carb	Fibe	r 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	3:	5			
Pizza Rippers - Cheese	32		Layer Buffalo Chicken Bowl w/ 2oz Roll	71		7 Pepperoni Pizza	38	1	Bosco Sticks	3.	_		1	+
Pizza Rippers - Pepperoni	27		Bosco Sticks	34		5 Cheese Pizza	39	1	20000 0110110	J.	<del> </del>		+	+
	- 21	<del>                                     </del>	DOGG GUIGNO	34	+	5 0110000 1 122a	39	4		1	1		+	+
		1		1	1		1			1				+
Potato Wedges Served with all Mools	21	า												
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