

October 2026 Middle School Menu

Menus are subject to change without notice.

WG=Whole Grain LF=Low Fat

Monday	Tuesday	Wednesday	Thursday	Friday
			Ultimate All Beef Hotdog 1 Vegetarian baked beans Creamy coleslaw Rainbow veggie bar Fruit choice* Milk choice*	WG Garlic Cheesebread 2 Marinara dipping sauce Caesar salad Rainbow veggie bar Fruit choice* Milk choice*
Mini Sampler Basket 5 Steamed mixed veggies Rainbow veggie bar with hummus Fruit choice* Milk choice*	WG Primo Pizza 6 Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*	Beef Walking Taco 7 Assorted taco toppings Refried beans Fruit choice* Milk choice*	Breaded Drumstick 8 WG dinner roll Herb roasted potatoes Creamy coleslaw Rainbow veggie bar Fruit choice* Milk choice*	Turkey Ham and Cheese on WG Pretzel Bun 9 Steamed carrots WG Fritos Rainbow veggie bar Fruit choice* Milk choice*
Chicken Tikka Masala 12 Steamed green beans Steamed brown rice Naan bread Rainbow veggie bar Fruit choice* Milk choice*	WG Chicken Tenders 13 WG Vegilicious pasta salad Oven-baked sweet potato fries Rainbow veggie bar Fruit choice* Milk choice*	Hamburger/Cheeseburger/Veggie Burger on WG Bun 14 Assorted fresh toppings Oven baked beans Rainbow veggie bar Fruit choice* Milk choice*	No School MEA Break 15	No School MEA Break 16
Loaded Oven Fries with Cheese Sauce 19 Assorted vegetable toppings Ranchero pinto beans Seasoned brown rice Fruit choice* Milk choice	Chicken and Alfredo Sauce with WG Pasta 20 WG garlic breadstick Steamed peas and carrots Rainbow veggie bar Fruit choice* Milk choice*	WG Primo Pizza 21 Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*	WG Chicken Sandwich 22 Lettuce and tomato slices Baked butternut squash Oven baked beans Rainbow veggie bar Fruit choice* Milk choice*	WG Breaded Shrimp Basket 23 French fries Cucumber ranch salad Rainbow veggie bar Fruit choice* Milk choice*
Chicken Parmesan with WG Pasta 26 Steamed green beans Rainbow veggie bar Fruit choice* Milk choice*	Burrito Bowl 27 Fresh fixings Ranchero pinto beans Seasoned brown rice Fruit choice* Milk choice*	Fresh Baked WG Cinnamon Roll Cheese Omelet 28 Breakfast potatoes Colorful garden peppers Rainbow veggie bar Fruit choice* Milk choice*	Ultimate All Beef Hotdog 29 Vegetarian baked beans Creamy coleslaw Rainbow veggie bar Fruit choice* Milk choice*	WG Garlic Cheesebread 30 Marinara dipping sauce Caesar salad Rainbow veggie bar Fruit choice* Milk choice*

Sandwich/Wrap choices: Daily features listed on the School District Child Nutrition Website.

Salad Choice: Daily features listed on the School District Child Nutrition Website.
Grill'd Greats Alternative Hot Entree: Daily features listed on the School District Child Nutrition Website.

Milk and Meal Pricing Information



• **Free Meals:** All students enrolled in the school district can receive one free breakfast meal and one free lunch meal every day.

• Ala Carte items, second meals, and all adult meals will be charged accordingly. Adult and Second meals will be charged \$5.30 per meal. Subject to change based on USDA meal charge guidelines.

• Milk is included in the price of a breakfast and lunch meal. Students who take milk only at meals will be charged \$0.50 per carton. Please know that if your child is bringing lunch from home and ordering milk, they will be charged.

This institution is an equal opportunity provider.