

October 2025 Middle School Menu

Menus are subject to change without notice.

WG = Whole Grain LF = Low Fat

Monday	Tuesday	Wednesday	Thursday	Friday
		Beef Walking Taco Assorted taco toppings Refried beans Fruit choice* Milk choice*	Chicken Tikka Masala Steamed green beans Steamed brown rice WG Naan bread Rainbow veggie bar Fruit choice* Milk choice*	BBQ Pulled Pork on WG Bun Creamy coleslaw Steamed carrots WG Sunchips Rainbow veggie bar Fruit choice* Milk choice*
WG Pasta with choice of Meat Sauce or Marinara Sauce Steamed zoodles Rainbow veggie bar WG garlic breadstick Fruit choice* Milk choice*	WG Chicken Tenders 7 WG Vegilicious Pasta Salad Oven baked sweet potato fries Rainbow veggie bar Fruit choice* Milk choice*	Hamburger/Cheeseburger/ Veggie Burger on WG Bun Assorted fresh toppings Oven baked beans Rainbow veggie bar Fruit choice* Milk choice*	WG Pancakes 9 Fruit Toppings Yogurt Cup Breakfast potatoes Colorful garden peppers Fruit choice* Milk choice*	Breaded Chicken Drumstick WG dinner roll Herb roasted potatoes Steamed corn Rainbow veggie bar Fruit choice* Milk choice*
Loaded Oven Fries with Cheese Sauce Assorted vegetable toppings Ranchero pinto beans Seasoned brown rice Fruit choice* Milk choice*	Chicken and Alfredo Sauce with WG Pasta WG Garlic Breadstick Steamed peas and carrots Rainbow veggie bar Fruit choice* Milk choice*	WG Primo Pizza Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*	No School MEA Break	No School MEA Break
Chicken Parmesan with WG Pasta Steamed green beans Rainbow veggie bar Fruit choice* Milk choice*	Burrito Bowl Fresh fixings Ranchero pinto beans Seasoned brown rice Fruit choice* Milk choice*	WG French Toast Sticks Cheese Omelet Breakfast potatoes Colorful garden peppers Rainbow veggie bar Fruit choice* Milk choice*	Ultimate All Beef Hotdog Vegetarian baked beans Creamy coleslaw Rainbow veggie bar Fruit choice* Milk choice*	WG Garlic Cheesebread Marinara Dipping sauce Caesar salad Rainbow veggie bar Fruit choice* Milk choice*
Mini Sampler Basket 27 Oven roasted California medley Rainbow veggie bar with hummus Fruit choice* Milk choice*	WG Primo Pizza Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*	Beef Walking Taco Assorted taco toppings Refried beans Fruit choice* Milk choice*	Chicken Tikka Masala Steamed green beans Steamed brown rice WG Naan bread Rainbow veggie bar Fruit choice* Milk choice*	No School Teacher Prep Day

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.



Free Meals for All Students

- 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 \$5.00 per meal.
- 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.