

All Lunches Must
Include Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat Milk or
Fat-Free Milk



September 2026

MIDDLE SCHOOL LUNCH MENU

USDA is an equal opportunity provider,
employer, and lender

Menus are subject to change.

Legend:
Vegetarian Options
Available Daily
Contains Fish
Locally Sourced
Promotion

September 28- October 2

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	MON	TUES	WED	THURS	FRI
MAIN ENTREE	Chicken Ham and Cheese Sliders	French Toast with Turkey Sausage OR Veggie Sausage	Bean Tacos with Cilantro Rice and Corn Salsa Turkey Barbacoa Tacos with Cilantro Rice and Corn Salsa	Chicken Dumplings OR Veggie Dumpling with Fried Rice	Meatballs with Cilantro Rice and Greek Salad
GRILL	Breaded Chicken Sandwich Veggie Burger	Spicy Breaded Chicken Sandwich Veggie Burger	Breaded Chicken Sandwich Veggie Burger	Spicy Breaded Chicken Sandwich Veggie Burger	Breaded Chicken Sandwich Veggie Burger
EXPRESS	Egg Chef Salad with Dinner Roll Deli Bar	Salad Bar	Diced Chicken Caesar Salad with Dinner Roll Deli Bar	Salad Bar	Egg Chef Salad with Dinner Roll Deli Bar
PIZZA/NACHOS		Beef Nachos with Toppings and Cilantro Rice	Make Your Pizza Lunch Pack Cheese Pizza Pepperoni Pizza	Chicken Nachos with Toppings and Cilantro Rice	Bruschetta Pizza Cheese Pizza Pepperoni Pizza
VEGETABLES AND FRUIT	Roasted Sweet Potato Broccoli Mixed Fruit Fresh Orange	Tater Tot Celery Sticks Warm Cinnamon Apples Blueberries	Edamame Pea and Carrots Diced Peaches Fresh Orange	Corn Red Bell Peppers Cantaloupe Diced Pears	Spinach Side Salad Baby Carrots Apricot Halves Fresh Orange

DELI BAR:

- Tortilla Wrap | Sub Roll
- Chicken Ham Turkey Chicken Beef Pepperoni Pepper Jack Cheese American Cheese
- Onion Cucumber Lettuce Diced Tomato

AVAILABLE DAILY:

Milk Varieties: Skim, 1%, Lactose Free
Condiments – Ketchup, Mustard,
Mayo, Ranch & Italian Dressing
Sunbutter and Jelly Sandwich
Whole Apple

SALAD BAR:

- Mixed Green Salad | Spinach Salad | Tossed Salad
- Diced Egg Garbanzo Beans Mozzarella Cheese Diced Chicken Ham Diced Chicken
- Green Peas Diced Tomato Broccoli Green Bell Pepper

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MIDDLE SCHOOL LUNCH MENU

October 5- October 9

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MEATLESS MONDAY

	MON	TUES	WED	THURS	FRI
MAIN ENTREE	Sweet and Sour Tofu with Broccoli and Rice	Chicken Tikka Masala Bow OR Chana Masala Bowl with Rice	Loaded Tater Tots with Turkey Chorizo and Salsa con Queso and tortilla chips	Popcorn Chicken Potato Bowl with Dinner Roll Veggie Nuggets Potato Bowl with Dinner Roll	Cheesy Baked Penne with Parmesan Breadstick
GRILL	Vegan Chicken Nuggets with Breadstick Veggie Burger	Spicy Breaded Chicken Sandwich Veggie Burger	Breaded Chicken Sandwich Veggie Burger	Spicy Breaded Chicken Sandwich Veggie Burger	Breaded Chicken Sandwich Veggie Burger
EXPRESS	Egg Chef Salad with Dinner Roll Deli Bar	Salad Bar	Diced Chicken Caesar Salad with Dinner Roll Deli Bar	Salad Bar	Egg Chef Salad with Dinner Roll Deli Bar
PIZZA/NACHOS		Beef Nachos with Toppings and Cilantro Rice	Make Your Pizza Lunch Pack Cheese Pizza Pepperoni Pizza	Chicken Nachos with Toppings and Cilantro Rice	Bruschetta Pizza Cheese Pizza Pepperoni Pizza
VEGETABLES AND FRUIT	Edamame Celery Sticks Mixed Fruit Fresh Orange	Baby Carrots Broccoli Diced Pears Cantaloupe	Esquites Red Bell Peppers Diced Peaches Fresh Orange	Baked Beans Cucumbers Applesauce Blueberries	Rainbow Mix Veggie Blend Baby Carrots Apricot Halves Fresh Orange
PROMOTIONS/ SUBSTITUTIONS	Limited Time Offer: Southwest Crunch Burger				Limited Time Offer: Southwest Crunch Burger

DELI BAR:

- Tortilla Wrap | Sub Roll
- Chicken Ham Turkey Chicken Beef Pepperoni Pepper Jack Cheese American Cheese
- Onion Cucumber Lettuce Diced Tomato

AVAILABLE DAILY:

Milk Varieties: Skim, 1%, Lactose Free
Condiments – Ketchup, Mustard,
Mayo, Ranch & Italian Dressing
Sunbutter and Jelly Sandwich
Whole Apple

SALAD BAR:

- Mixed Green Salad | Spinach Salad | Tossed Salad
- Diced Egg Garbanzo Beans Mozzarella Cheese Diced Chicken Ham Diced Chicken
- Green Peas Diced Tomato Broccoli Green Bell Pepper

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MIDDLE SCHOOL LUNCH MENU

October 12- October 16

National School Lunch Week					
	MON	TUES	WED	THURS	FRI
MAIN ENTREE	NO SCHOOL	NO SCHOOL	Buffalo Chicken Wings OR Teriyaki Chicken Wings with Biscuits	Fish Sticks with Biscuit Veggie Nuggets with Biscuit	Sloppy Joe Sandwich OR Vegan BBQ Lentil Sloppy Joe Sandwich
GRILL			Breaded Chicken Sandwich Veggie Burger	Spicy Breaded Chicken Sandwich Veggie Burger	Breaded Chicken Sandwich Veggie Burger
PIZZA/NACHOS			Diced Chicken Caesar Salad with Dinner Roll Deli Bar	Salad Bar	Egg Chef Salad with Dinner Roll Deli Bar
EXPRESS			Make Your Pizza Lunch Pack Cheese Pizza Pepperoni Pizza	Chicken Nachos with Toppings and Cilantro Rice	Buffalo Chicken Pizza Cheese Pizza Pepperoni Pizza
VEGETABLES AND FRUIT			Seasoned Crinkle Cut Fries Broccoli Diced Peaches Fresh Orange	Baked Beans Cucumbers Applesauce Blueberries	Rainbow Mix Veggie Blend Baby Carrots Apricot Halves Fresh Orange

DELI BAR:

- Tortilla Wrap | Sub Roll
- Chicken Ham Turkey Chicken Beef Pepperoni Pepper Jack Cheese American Cheese
- Onion Cucumber Lettuce Diced Tomato

AVAILABLE DAILY:

Milk Varieties: Skim, 1%, Lactose Free
Condiments – Ketchup, Mustard,
Mayo, Ranch & Italian Dressing
Sunbutter and Jelly Sandwich
Whole Apple

SALAD BAR:

- Mixed Green Salad | Spinach Salad | Tossed Salad
- Diced Egg Garbanzo Beans Mozzarella Cheese Diced Chicken Ham Diced Chicken
- Green Peas Diced Tomato Broccoli Green Bell Pepper

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October 2026

MIDDLE SCHOOL LUNCH MENU

October 19- October 23

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MAIN
ENTREE

GRILL

EXPRESS

PIZZA/NACHOS

VEGETABLES
AND FRUIT

PROMOTIONS/
SUBSTITUTIONS

	MON	TUES	WED	THURS	FRI
MAIN ENTREE	Turkey BaBoom Turkey Melt Bosco Sticks with Marinara Dipping Sauce	Gochujang BBQ Popcorn Chicken OR Vegan Nuggets with Rice	Chicken Quesadilla OR Cheese Quesadilla with Salsa	Waffles with Turkey Sausage Link OR Veggie Sausage	Chicken Meatball Sub Cheese Sub
GRILL	Chicken Tender with Breadstick Veggie Burger	Breaded Chicken Sandwich Veggie Burger	Chicken Tender with Breadstick Veggie Burger	Spicy Breaded Chicken Sandwich Veggie Burger	Veggie Burger
EXPRESS	Egg Chef Salad with Dinner Roll Deli Bar	Veggie Burger Salad Bar	Diced Chicken Caesar Salad with Dinner Roll Deli Bar	Salad Bar	Egg Chef Salad with Dinner Roll Deli Bar
PIZZA/NACHOS		Beef Nachos with Toppings and Cilantro Rice	Make Your Pizza Lunch Pack Cheese Pizza Pepperoni Pizza	Chicken Nachos with Toppings and Cilantro Rice	Bruschetta Pizza Cheese Pizza Pepperoni Pizza
VEGETABLES AND FRUIT	Roasted Broccoli Celery Sticks Mixed Fruit Fresh Orange	Baby Carrots Edamame Diced Peaches Blueberries	Corn Roasted Carrots Diced Pears Fresh Orange	Tater Tots Green Bell Peppers Warm Cinnamon Peaches Cantaloupe	Side Salad Cucumber Apricot Halves Fresh Orange

DELI BAR:

- Tortilla Wrap | Sub Roll
- Chicken Ham Turkey Chicken Beef Pepperoni Pepper Jack Cheese American Cheese
- Onion Cucumber Lettuce Diced Tomato

AVAILABLE DAILY:

Milk Varieties: Skim, 1%, Lactose Free
Condiments – Ketchup, Mustard, Mayo, Ranch & Italian Dressing
Sunbutter and Jelly Sandwich
Whole Apple

SALAD BAR:

- Mixed Green Salad | Spinach Salad | Tossed Salad
- Diced Egg Garbanzo Beans Mozzarella Cheese Diced Chicken Ham Diced Chicken
- Green Peas Diced Tomato Broccoli Green Bell Pepper

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October 2026

MIDDLE SCHOOL LUNCH MENU

October 26- October 30

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	MON	TUES	WED	THURS	FRI
MAIN ENTREE	Fish Tacos w/ Creamy Sriracha Coleslaw Tofu Tacos with Rice	Spaghetti with Vegan Crumbles with garlic knot Spaghetti with Italian Meat Sauce with garlic knot	Walking Taco	Teriyaki Popcorn Chicken with Rice Teriyaki Tofu with Rice	NO SCHOOL
GRILL	Breaded Chicken Sandwich Veggie Burger	Spicy Breaded Chicken Sandwich Veggie Burger	Breaded Chicken Sandwich Veggie Burger	Spicy Breaded Chicken Sandwich Veggie Burger	
EXPRESS	Egg Chef Salad with Dinner Roll Deli Bar	Salad Bar	Diced Chicken Caesar Salad with Dinner Roll Deli Bar	Salad Bar	
PIZZA/NACHOS		Beef Nachos with Toppings and Cilantro Rice	Make Your Pizza Lunch Pack Cheese Pizza Pepperoni Pizza	Chicken Nachos with Toppings and Cilantro Rice	
VEGETABLES AND FRUIT	Seasoned Crinkle Cut Fries Red Bell Pepper Strips Mixed Fruit Fresh Orange	Roasted Carrots Broccoli Diced Pears Blueberries	Zucchini Kickin' Pintos Diced Peaches Fresh Orange	Celery Sticks Rainbow Mix Veggie Blend Applesauce Cantaloupe	

DELI BAR:

- Tortilla Wrap | Sub Roll
- Chicken Ham Turkey Chicken Beef Pepperoni Pepper Jack Cheese American Cheese
- Onion Cucumber Lettuce Diced Tomato

AVAILABLE DAILY:

Milk Varieties: Skim, 1%, Lactose Free
Condiments – Ketchup, Mustard, Mayo, Ranch & Italian Dressing
Sunbutter and Jelly Sandwich
Whole Apple

SALAD BAR:

- Mixed Green Salad | Spinach Salad | Tossed Salad
- Diced Egg Garbanzo Beans Mozzarella Cheese Diced Chicken Ham Diced Chicken
- Green Peas Diced Tomato Broccoli Green Bell Pepper