

Middle School

September/October
2026

ONE-TABLE



**Comfort
Kitchen**

**Block
Party**



**Corner
Deli**

**From the
Garden**



**OFFERED
DAILY**

Non fat white milk
Low-fat 1% white
milk

DRESSINGS

Italian, Ranch

Monday 28	Tuesday 29	Wednesday 30	Thursday 1	Friday 2
Buffalo Chicken Pizza Cheese Pizza (v) Roasted Zucchini	Cheeseburger Hamburger Veggie Burger (v) Burger Toppings Crinkle Cut Fries	Turkey Tacos al Pastor w/ Avocado Crema Grilled Cheese Sandwich w/ Creamy Tomato Basil Soup (v) Aztec Corn & Black Beans Lettuce & Tomato	<u>BYO Baked Potato Bar</u> Baked Potato w/ Turkey Chili, Veggie Chili (v), or Cheese Sauce (v) Garlic Knots Roasted Broccoli Shredded Cheddar Sour Cream	Turkey Pepperoni Pizza Cheese Pizza (v) Collard Greens
Teriyaki Chicken w/ Brown Rice Roasted Broccoli & Red Peppers	Bean & Queso Blanco Quesadilla (v) Mexican Roasted Sweet Potatoes	Red Chile Chicken w/ Tortillas Green Beans	Cheese Quesadilla (v) Elote Corn Sour Cream Salsa	Dominican Chimi Burger Yuca Fries
Chicken Caesar Wrap (f)	Southwest Chicken Caesar Salad w/ Breadsticks (f)	Sunbutter & Jelly Sandwich (v)	Hearty Garden Salad w/ Tortilla Chips (v)	Turkey & Cheese Sub Mayo, Mustard
Fresh Apple Slices Pears Caesar Side Salad Celery Sticks	Orange Slices Honeydew Melon Super Side Salad 3 Bean Salad	Pineapple Tidbits Blueberries Caesar Side Salad Baby Carrots	Banana Apple Slices Super Side Salad Celery Sticks	Fresh Apple Grapes Super Salad Baby Carrots



**Happy Hispanic Heritage
Month**

September 15th - October 15th



All grain products are whole grain rich.
(v) denotes vegetarian choices (includes milk and eggs) and (ve) denotes vegan choices. (f) denotes a choice that contains fish. Locally Sourced items offered daily. This menu is subject to change and based upon product availability. Additional nutrition information available upon request.

*USDA is an equal
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Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Spaghetti w/ Turkey Marinara & Gralic Knot Baked Penne w/ Garlic Knot (v) Green Beans	Turkey Hot Dog Cheese-filled Breadsticks w/ Marinara (v) Roasted Broccoli Ketchup, Mustard	Cheeseburger Hamburger Veggie Burger (v) Burger Toppings Tater Tots Ketchup, Mustard	Pizza Piccante (v) Cheese Pizza (v) Citrus Carrots	Crispy Pollock Nuggets w/ Spiral Fries (f) Plant-Based Chik'n Nuggets w/ Dinner Roll (v) Roasted Broccoli
BYO Nacho Bar Tortilla Chips Tinga Chicken Pinto Beans (ve) Jalapeno Cheese Sauce (v) Salsa Jalapenos Diced Tomato Sour Cream	Beef Crunchy Tacos or  Bean Tacos (v) Cilantro Lime Rice Roasted Corn Salsa Lettuce Tomato	 Western Chicken & Potato Wedge Bowl Roasted Bell Peppers & Onions	Haitian Chicken Drumstick w/ Jollof Rice & Flatbread Roasted Sweet Potatoes	Cheese Quesadilla (v) Frijoles a la Charro Salsa Sour Cream
Sunbutter & Jelly Sandwich (ve)	Turkey "Ham" & Cheese Sandwich	Hearty Garden Salad w/ Tortilla Chips (v)	Southwest Chicken Caesar Salad (f) w/ Tortilla Chips	Spicy Turkey Sub
Apple Slices Blueberries Caesar Side Salad Celery Sticks	Orange Slices Grapes Baby Carrots Garden Side Salad	Pineapple Pears Super Salad 3 Bean Salad	Apple Slices Orange Slices Cucumbers Caesar Side Salad	Fresh Banana Grapes Tomato, Corn, & Cilantro Salad Super Side Salad

October 6th is
National Taco Day!



Check out October's **BiteScience**
Featured Lunch!

- Nutrient Best Friends, Vitamin D + Calcium, shine in this dish! 

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Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
No School	No School	Hot Honey Turkey Pepperoni Pizza Cheese Pizza (v) Green Peas	Boneless Wings w/ Breadstick & Sweet Chipotle Sauce Rainbow Chili w/ Tortilla Chips (v) Sweet Potato Fries	Buffalo Chicken Pizza Cheese Quesadilla (v) Roasted Zucchini
		Teriyaki Tofu & Fried Rice (v) Roasted Peppers & Onions	<u>BYO Pasta Bowl</u> Penne Pasta Spaghetti Alfredo Sauce (v) Chicken Meatballs w/ Marinara Roasted Broccoli Breadstick	Beef Crunchy Tacos w/ Cilantro Lime Rice Roasted Mexican Corn Salsa Sour Cream
		Chicken Caesar Salad w/ Breadsticks (f)	Turkey "Ham" & Cheese Sandwich	Sunbutter & Jelly Sandwich (ve)
		Orange Slices Diced Pears Tomato & Cucumber Salad Caesar Side Salad	Tangerines Blueberries Kale Salad Carrots & Celery Sticks	Banana Orange Slices Caesar Side Salad Cucumber Slices

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Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Chicken Drumstick & Waffle w/ Syrup Broccoli & Cheese Baked Potato w/ Garlic Knot (v) Green Peas	Pollock Nuggets w/ Dinner Roll Cheese Pizza (v) Roasted Broccoli Ketchup	 Western Chicken & Potato Wedge Bowl w/ Breadsticks Baked Alfredo & Marinara Penne w/ Garlic Knot (v) Green Beans	Turkey Chili w/ Fritos *Shredded Cheese Available* Grilled Cheese Sandwich w/ Creamy Tomato Basil Soup (v) Roasted Butternut Squash	Nashville Hot Pizza Cheese Pizza (v) Carrots & Celery w/ Ranch
Sofrito Black Beans w/ Cilantro Lime Rice (ve) Plantains	Jerk Chicken Quesadilla w/ Salsa Mexican Roasted Sweet Potatoes	Dominican Chimi Burger Veggie Burger (v) Burger Topping, Ketchup, Mustard Refried Beans	Chicken & Beans Chilaquiles Elote Corn	<u>BYO Asian Bowl</u> Teriyaki Chicken Korean BBQ Tofu (ve) Yakisoba Noodles Brown Rice Spicy Asian Vegetable Blend
Sunbutter & Jelly Sandwich (ve)	Chicken Caesar Salad w/ Tortilla Chips	Spicy Turkey Sub	Hearty Garden Salad w/ Fritos (v)	Sunbutter & Jelly Sandwich (ve)
Grapes Blueberries Baby Carrots Super Salad	Apple Slices Diced Pears Celery Sticks Kale Salad	Orange Slices Blueberries Caesar Salad Tomato & Cucumber Salad	Pears Melon Super Salad Fresh Broccoli	Orange Wedges Banana Super Salad Cucumbers



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Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Chicken Sausage & Pancake Wrap on a Stick Plant-Based Chik'n & Waffles (v) *Syrup Available* Sweet Potato Fries	Buffalo Chicken Pizza Cheese Pizza (v) Green Beans	Steak & Cheese Sub Cheesy Breadsticks w/ Marinara (v) Green Peas	Turkey Pepperoni Pizza Cheese Pizza Roasted Zucchini	No School
Chicken Quesadilla Cheese Quesadilla (v) Sour Cream Salsa Aztec Black Beans & Corn	Beef Tot-chos w/ Breadsticks Plant-based Tot-chos w/ Breadsticks (v) Salsa Elote Corn	Arroz con Pollo w/ Crispy Tortilla Strips Refried Beans	BYO Nacho Bar Tortilla Chips Tinga Chicken Pinto Beans (ve) Jalapeno Cheese Sauce (v) Salsa Jalapenos Diced Tomato Sour Cream	
Sunbutter & Jelly Sandwich (ve)	Southwest Chicken Caesar Salad w/ Breadstick (f)	Sunbutter & Jelly Sandwich (ve)	Chef Salad w/ Tortilla Chips	
Pears Orange Slices Tomato & Cucumber Salad Super Salad	Grapes Pineapple Red Pepper Strip Super Salad	Banana Blueberries Baby Carrots Super Salad	Apples Tangerines Celery Sticks Super Salad	

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