



SIMPLY GOOD



Middle School (6-8) Lunch Menu with Salad Bar

October 5 - 9

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk. Did you know— If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Veggie Chili w/ Whole Grain Cornbread	Ukrainian Chicken w/ Whole Grain Garlic Bun	Barbecue Turkey on Whole Grain Bun	Homemade Cheese Pizza on Whole Grain Crust	PROFESSIONAL DEVELOPMENT DAY NO SCHOOL
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/Toppings Bar	Hamburger on Whole Grain Bun w/Salsa and Shredded Cheddar Cheese	
 Self-Serve Salad Bar Available Daily	<p>Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Caesar Chicken, Sliced Fresh Local Eggs, Garlic Croutons, Whole Grain Garlic Breadsticks</p>				
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Homemade Chicken Salad on Whole Grain Bread	Mexican Corn Salad w/Black Beans & Whole Grain Tortilla Chips	Turkey Pastrami on Whole Grain Roll w/ Mustard	
 Hot & Cold Sides Available At All Stations	Sweet Potato Wedges Fresh Cucumber Tomato Salad Fresh Local Apple Assorted Fruit	Fresh Roma Roasted Local Red Potatoes Fresh Broccoli w/ Light Dressing Pineapple Cup Assorted Fruit	Seasoned Carrots Fresh Cucumber Coins w/Light Dressing Fresh Banana Assorted Fruit	Southwest Pinto Beans Fresh Local Kale Salad Fresh Orange Assorted Fruit	



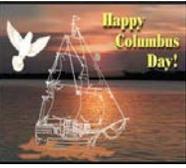
SIMPLY GOOD



Middle School (6-8) Lunch Menu with Salad Bar

October 12 - 16

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk. Did you know— If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International	Columbus Day No School	Whole Grain Spaghetti w/ Turkey Meatballs	Buffalo Chicken Wrap	Homemade Cheese Pizza on Whole Grain Crust	Pescada a la Mexicana (Mexican Style Baked Fish) w/Spanish Brown Rice*
 Tasty Hand-Held Hot Sandwiches		Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/Toppings Bar	Pizza Burger Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
 Self-Serve Salad Bar Available Daily	<p>Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Chili Lime Chicken, Sliced Fresh Local Eggs, Garlic Croutons, Whole Grain Garlic Breadsticks</p>				
 Grab & Go Cold Sandwiches and Salads		Homemade Chicken Salad on Whole Grain Bread	Mexican Corn Salad w/Black Beans & Whole Grain Tortilla Chips	Turkey Pastrami on Whole Grain Roll w/ Mustard	Homemade Egg Salad Sandwich on Whole Grain Bread
 Hot & Cold Sides Available At All Stations		Green Beans Italiano Fresh Baby Carrots w/ Light Dressing Fresh Local Apple Assorted Fruit	Seasoned Corn Fresh Romaine & Tomato Side Salad Fresh Orange Assorted Fruit	Seasoned Carrots Fresh Celery Sticks w/Light Dressing Fresh Banana Assorted Fruit	Fiesta Black Beans Fresh Broccoli w/ Light Dressing 100% Grape Juice Assorted Fruit



SIMPLY GOOD



Middle School (6-8) Lunch Menu with Salad Bar

October 19 - 23

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk. Did you know— If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	PARENT TEACHER CONFERENCE NO SCHOOL	Homemade Cheese Pizza on Whole Grain Crust	Curacao International Day Chicken Stoba w/Red Beans & Rice 	Vegetarian Stir Fry	Panes Rellenos (Salvadoran Chicken Torta)
 Tasty Hand-Held Hot Sandwiches		Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on a Whole Grain Bun w/Toppings Bar	Santa Fe Burger Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
 Self-Serve Salad Bar Available Daily	Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama Top With: Shredded Cheddar Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans Finish With: Buffalo Chicken, Sliced Fresh Local Eggs, Garlic Croutons, Whole Grain Garlic Breadsticks				
 Grab & Go Cold Sandwiches and Salads		Homemade Chicken Salad on Whole Grain Bread	Vegetable Stew w/Red Beans & Rice 	Turkey Pastrami on Whole Grain Roll w/ Mustard	Homemade Egg Salad Sandwich on Whole Grain Bread
 Hot & Cold Sides Available At All Stations		Fresh Roma Roasted Local Red Potatoes Fresh Baby Carrots w/ Light Dressing Pineapple Cup Assorted Fruit	Stewed Cabbage & Zucchini Fresh Romaine w/Tomatoes & Cucumbers Fresh Local Apple Assorted Fruit	Seasoned Carrots Fresh Celery Sticks w/ Light Dressing Fresh Banana Assorted Fruit	Fiesta Black Beans Fresh Broccoli w/ Light Dressing Fresh Orange Assorted Fruit



Middle School (6-8) Lunch Menu with Salad Bar

October 26 - 30

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk. Did you know— If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Hot Turkey Meatball Sub on Whole Grain Bun	Open Face Turkey Sandwich on Whole Grain Bread w/Gravy	Haitian Style Fish w/ Creole Rice and Beans	Whole Wheat Rotini w/ Mozzarella Sauce	Homemade Cheese Pizza on Whole Grain Crust
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/Toppings Bar	Cheeseburger on Whole Grain Bun w/Lettuce & Tomato Garnish	Spicy Chicken Sandwich on Whole Grain Bun
 Self-Serve Salad Bar Available Daily	<p>Start With: Fresh Romaine Mix, Spinach, Sliced Fresh Cucumbers, Shredded Fresh Carrots, Sliced Local Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Diced Turkey Ham, Sliced Fresh Local Eggs, Garlic Croutons, Whole Grain Garlic Breadsticks</p>				
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Homemade Chicken Salad on Whole Grain Bread	Mexican Corn Salad w/Black Beans & Whole Grain Tortilla Chips	Turkey Pastrami on Whole Grain Roll w/ Mustard	Homemade Egg Salad Sandwich on Whole Grain Bread
 Hot & Cold Sides Available At All Stations	Local Fresh Baked Sweet Potato w/Cinnamon Fresh Homemade Confetti Coleslaw Fresh Local Apple Assorted Fruit	Mashed Potatoes w/ Gravy Fresh Celery w/ Light Dressing Pineapple Cup Assorted Fruit	Glazed Carrots Fresh Local Tuscan Kale Salad Fresh Orange Assorted Fruit	Garlic Lemon Broccoli Fresh Cucumber & Tomato Salad Fresh Banana Assorted Fruit	Fiesta Black Beans Fresh Baby Carrots w/ Light Dressing 100% Grape Juice Assorted Fruit