


October

This institution is an equal opportunity provider.

Middle School Menu

October 2 -October 31, 2023

MONDAY	TUESDAY	WV WEDNESDAY State Grown & Produced Products	THURSDAY	FRIDAY
<p>2</p> <p>B- Sausage Egg & Cheese Sandwich, Juice, Fresh Fruit Yogurt, Milk</p> <p>L- Hot Roast Beef Sandwich w/ Gravy Baked Potato, W/W Roll, Peaches Salad w/ Tomatoes & Cucumbers Fresh Fruit, Milk</p>	<p>3</p> <p>B- Breakfast Pizza, Peach Cup Fresh Fruit, Juice, Milk</p> <p>L- Breaded Chicken Drumsticks Mashed Potatoes, Green Beans Spring Salad Mix w/ Tomatoes & Cucumbers, Fresh Fruit, Milk</p>	<p>4</p> <p>B- Breakfast Burrito Egg/ Sausage/ Cheese, Smoothie, Applesauce Cup Fresh Fruit, Juice, Milk</p> <p>L-Tacos or Loaded Nachos (WV Taco Meat, cheese sauce, chips salsa) Kidney Beans, Broccoli Veggies w/ Dip, Fresh Fruit, Milk</p>	<p>5</p> <p>B - WV Pancake & Sausage Patty Sandwich, Fresh Fruit, Juice, Milk</p> <p>L- WV Cheeseburger, W/W Bun Lettuce/Tomato, Pinto Beans Veggies w/ Dip, Mixed Fruit, Fresh Fruit, Milk</p>	<p>6</p> <p>B- Cinnamon Dunkers, Strawberry Cup, Juice, Fresh Fruit, Milk</p> <p>L- Chicken Nuggets w/ sauce or Pizza, Peas, Doritos Applesauce, Fresh Fruit, Milk</p>
<p>9</p> <p>No School For Students</p> 	<p>10</p> <p>B - Pancake On A Stick, Yogurt, Cinnamon Applesauce Cup, Fresh Fruit, Juice, Milk</p> <p>L-Steak & Cheese Sub, Peppers & Onions, Oven Fries, Steamed Carrots, Applesauce, Veggies w Dip Spice Cake, Fresh Fruit, Milk</p>	<p>11</p> <p>B - Chicken Biscuit Sandwich Peach Applesauce Cup, Fresh Fruit, Smoothie, Juice, Milk</p> <p>L- Baked Potato Bar W/ WV Chili, Cheese, Pinto Beans Mixed Fruit, Spring Salad Mix w/ Tomatoes & Cucumbers, Fresh Fruit, Milk</p>	<p>12</p> <p>B- Egg & Cheese Bagel, Yogurt Strawberry Cup, Fresh Fruit, Juice Milk</p> <p>L- Orange Chicken, Rice Pilaf Steamed Broccoli, Refried Beans Egg Roll, Peaches, Fresh Fruit, Veggies w/ Dip, Milk</p>	<p>13</p> <p>B – Sausage/ Egg & Cheese on Croissant, Yogurt Peach Cup Fresh Fruit, Juice Milk</p> <p>L- Hot Dog on W/W Bun or Pizza, Coated Seasoned Fries Steamed Carrots, Pudding Fresh Fruit, Milk</p>
<p>16</p> <p>B- Soft Pretzel w/ Cheese, Yogurt Juice, Mixed Fruit Cup, Fresh Fruit Milk</p> <p>L- Baked Ham, W/W Roll Green Beans, Scalloped Potatoes W/W Chocolate Chip Cookie, Fresh Fruit Milk</p>	<p>17</p> <p>B- Sausage Egg & Cheese Bagel Juice, Fresh Fruit, Yogurt, Milk</p> <p>L- Chicken Wing Day (Garlic Parmesan or BBQ flavored wings) or Pizza, Kidney Beans, Steamed Broccoli Fresh Fruit, Milk End of 1st nine weeks/ Midterm (HHS)</p>	<p>18</p> <p>B Cinnamon Dunkers, Yogurt Applesauce Cup, Smoothie Fresh Fruit Juice, Milk</p> <p>L- Spaghetti w/ WV Meat sauce Texas Toast, Cheese Stick, Corn Mandarin Oranges, Spring Salad Mix w/ Tomatoes & Cucumbers Milk</p>	<p>19</p> <p>B – Breakfast Pizza, Yogurt Chex Mix, Peach Cup, Fresh Fruit, Juice Milk</p> <p>L- Chicken Drumsticks, Mashed Potatoes, Green Beans, W/W Roll Peaches, Fresh Fruit, Milk</p>	<p>20</p> <p>B- Cereal Choice, Sausage/ Egg & Cheese on Croissant, Yogurt Cinnamon Applesauce Cup Juice Fresh Fruit, Milk</p> <p>L- Chicken Fajita w/ Tomato/Lettuce/Cheese, Tostitos Kidney Beans, Fresh Fruit, Mixed Fruit, Milk</p>
<p>23</p> <p>B - WV Pancake & Sausage Sandwich, Cinnamon Applesauce Cup, Juice, Milk</p> <p>L – Pizza Choice (Pepperoni/ Cheese) Stuffed Bread Stick w/ Marinara, Peas Veggies w/ Dip Peaches, Fresh Fruit, Milk</p>	<p>24</p> <p>B- Cinnamon Dunkers, Yogurt Chex Mix Peach Applesauce Cup, Juice, Milk</p> <p>L- Chicken Alfredo, W/W Roll Peas Spring Salad Mix w/ Tomatoes & Cucumbers, Fresh Fruit, Milk Report Card Day</p>	<p>25</p> <p>B- Extravaganza, Yogurt Chex Mix Strawberry Cup, Smoothie, Juice Milk</p> <p>L-WV Soup Day Choice of Tomato or Potato Soup, Grilled Cheese Spring Salad Mix w/ Tomatoes & Cucumbers, Fresh Fruit, Milk</p>	<p>26</p> <p>B – Sausage/ Egg & Cheese on Croissant, Yogurt, Peach Applesauce Cup, Fresh Fruit Juice Milk</p> <p>L- Meatball Sub, (Shredded Cheese & Marinara) Coated Seasoned Potatoes Pinto Beans Fresh Fruit Milk</p>	<p>27</p> <p>B - Cheese/Egg/Sausage Bagel Yogurt, Peach Cup Fresh Fruit, Juice, Milk</p> <p>L-Chicken Nuggets w/ Sauce or Pizza, Corn Mixed Fruit, Fresh Fruit, Milk</p>
<p>30</p> <p>B- Breakfast Burrito, Yogurt Strawberry Applesauce Cup, Fresh Fruit, Juice, Milk</p> <p>L- Mac & Cheese Bowl w/ Chicken Strips or Chicken/ Cheese/ Rice Burrito, Kidney Beans, Peaches, Fresh Fruit, Milk</p>	<p>31</p> <p>B- Sausage/ Egg & Cheese on Croissant, Sausage Patty Yogurt, Fresh Fruit, Juice, Milk</p> <p>L- Boneless Wing Day (Sriracha or Plain with Ranch) or Pizza, Oven Fries, Fresh Fruit, Spring Salad Mix w/ Tomatoes & Cucumbers, Milk</p>	<p>*** Menus subject to change due to inclement weather and product availability***</p>	