




# Middle School Menu

## October-25

Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
									
6		7		8		9		10	
Chicken, Diced	0	Grilled Cheese	30	Chicken Patty	30	Corn Dog Nuggets	26		
Fried Rice	54	French Fries	16	WG Bun	16	French Fries	16		
Romaine Salad	1	Tomato Soup	18	Cucumber Slices	18	Black Bean Salsa	16		
Ranch Dressing	2	Mixed Fruit	16	Sweet Corn	16	Fruit Slushie BR	22		
Black Beans	11	Milk (assorted)	15	Orange Juice	13	Milk (assorted)	15		
Chilled Pears	15			Milk (assorted)					
Milk (assorted)	15								
13		14		15		16		17	
		Mini French Toast	37	Popcorn Chicken	14	Orange Chicken	19	Big Daddy Cheese Pizza	28
		Pancake Syrup	30	Smiley Potatoes	25	Rice	37	Broccoli	4
		Diced Ham	0	Sweet Corn	8	Edamame	3	Red Pepper Slices	2
		Carrot Baby	6	Peaches, Sliced	14	Carrot Baby	6	Ranch Dressing	2
		Black Beans	10	Milk (assorted)	15	Applesauce	22	Orange	21
		Mandarin Oranges	20			Milk (assorted)	15	Milk (assorted)	15
		Milk (assorted)	15						
20		21		22		23		24	
Hamburger	3	Chicken Tenders	16	Cheese Ravioli	2	Chicken Egg roll &/or	20	Cheese Bites	28
WG Bun	26	Onion Rings	28	Sun Splash Juice Box	15	Potstickers	11	Red Dipping Sauce	5
Mashed Potatoes	34	Baked Beans	30	Sweet Corn	17	Fried Rice	17	Cucumber Slices	0
Chickpeas	10	Apple Slices	8	Cranberries, Dried	28	Broccoli	2	Ranch Dressing	2
Mixed Berries Cup	20	Milk (assorted)	15	Milk (assorted)	15	Fresh Apple	22	Orange	21
Milk (assorted)	15					Milk (assorted)	15	Milk (assorted)	15
27		28		29		30		31	
French Toast Sticks	26	Mini Pizza Bagels	24	Baked Spaghetti w/meat sauce	31	BBQ Pulled Chicken Sandwich	47	Big Daddy Cheese Pizza	28
Pancake Syrup	30	Smiley Potatoes	25	Edamame	3	Fresh Spinach Salad	4	Sliced Green Peppers	3
Cheese, String	3	Cherry Tomatoes	2	Cranberries, Dried	28	Cherry Tomatoes	2	Zucchini Slices	1
Tater Rounds	19	Orange Wedges	21	Milk (assorted)	15	Fresh Apple	22	Banana	27
Chickpeas	10	Milk (assorted)	15			Milk (assorted)	15	Milk (assorted)	15
Applesauce	22								
Milk (assorted)	15								

**Lunch 3.15**

**Milk \$.45**

**NSLP Reduced price lunch \$0.40**

All meals served with  
choice of Milk

Alternate Daily Choices:

Mon Chicken Nuggets/Patty 16-41

Tue Hot Dog 30

Wed Pizza 21-42

Thu Nachos/Walking Tacos 32-48

Fri Breakfast for Lunch 15-25

Students must have money on their  
accounts or bring cash for ala carte  
purchases.

See District's Food Service  
website for a la carte pricing

Questions regarding the Menu,

Please contact

Kevin Harris at:

[Kharris@D15.org](mailto:Kharris@D15.org)

Disclaimer about Carb counts

**\*Menu subject to change, notice given when possible**

The carbohydrate information provided is to the best of our knowledge by information received from the product manufacturer.

Please note that food product substitutions made due to food shortages may alter the carbohydrate information indicated on the menu.