

October 2013

Middle School Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEALTIME MESSAGE

Lunch \$2.75

Assorted Milk Choices Available Daily for Breakfast and Lunch: 1% White, Skim White, Fat Free Chocolate, Strawberry, and Vanilla

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**This Month's SC Grown Fresh Produce....**



**Tomatoes**



**Cucumbers**

**Fun Facts:**

Cucumbers can also be used around the house to fix and clean things. Cucumbers also get rid of soap scum and tarnish from your tub and stainless steel sinks without leaving streaks.

A whopping 93% of American gardeners grow tomatoes in their yards. Forget the orange juice. Florida grows more tomatoes than any other state.

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**** Contains Pork**

All Bread that is served in Lexington School District #1 is Whole Grain.

Menu Items subject to change based upon availability.



Served Daily:



Pepperoni Pizza



Hamburger or Cheeseburger



Salad



Chicken Sandwich



Yogurt Parfait

	<p>1</p> <p>Lunch Entrées-Choose One Chicken Tenders w/Breadstick BBQ Quesadillas Toasted Cheese Sandwich</p> <p>Sides-Choose One or More Crinkle Cut French Fries, Sliced Tomatoes w/Fresh SC Grown Tomatoes, Strawberry Cup, Fresh Orange</p>	<p>2</p> <p>COLLABORATIVE DAY</p> <p>Lunch Entrées-Choose One Turkey Deli Sub Corn dog Fresh Baby Carrots, Fresh Celery Sticks Rosati Ice 100% Fruit Juice, Fresh Fruit</p>	<p>3</p> <p>Lunch Entrées-Choose One Baked Chicken w/Roll Stuffed Crust Cheese Pizza **BBQ Sandwich</p> <p>Sides-Choose One or More Baked Beans, Coleslaw Peach Cup, Fresh Banana</p>	<p>4</p> <p>Lunch Entrées-Choose One General Tso's Chicken w/Rice & Roll Garlic Cheesy Bread **Corn Dog</p> <p>Sides-Choose One or More Corn, Baby Carrots Applesauce, Fresh Grapes</p>
<p>7</p> <p>Lunch Entrées-Choose One Bowie Chicken Alfredo w/Roll Sicilian Cheese Pizza Strips **Hot Dog w/Chili</p> <p>Sides-Choose One or More Green Beans, Glazed Sweet Potatoes Pineapple Tidbits, Fresh Apple</p>	<p>8</p> <p>Lunch Entrées-Choose One Chicken Tenders w/Breadstick Salisbury Steak w/Rice & Roll Toasted Cheese Sandwich</p> <p>Sides-Choose One or More Crinkle Cut French Fries, Roasted Asparagus Strawberry Cup, Fresh Orange</p>	<p>9</p> <p>Lunch Entrées-Choose One Lasagna w/Cinnamon Roll Buffalo Chicken Pizza Deli Sandwich</p> <p>Sides-Choose One or More Caesar Salad, Roasted Cauliflower Mandarin Oranges, Fresh Fruit Cup</p>	<p>10</p> <p>Lunch Entrées-Choose One Tostitos w/Beef & Queso Garlic Cheesy Bread **Corn Dog</p> <p>Sides-Choose One or More Black-eyed Peas, Sliced Tomatoes w/Fresh SC Grown Tomatoes, Peach Cup, Fresh Banana</p>	<p>11</p> <p>Lunch Entrées-Choose One Teriyaki Chicken w/Rice & Roll **Stuffed Crust Pepperoni Pizza **Cuban Pork Sandwich</p> <p>Sides-Choose One or More Corn, Garden Salad Applesauce, Fresh Grapes</p>
<p>14</p> <p>Lunch Entrées-Choose One Macaroni & Cheese w/Roll Philly Cheese Flatbread **Hot Dog w/Chili</p> <p>Sides-Choose One or More Green Beans, Parsley Potatoes Pineapple Tidbits, Fresh Apple</p>	<p>15</p> <p>Lunch Entrées-Choose One Chicken Tenders w/Breadstick BBQ Flatbread Pizza Toasted Cheese Sandwich</p> <p>Sides-Choose One or More Crinkle Cut French Fries, Steamed Broccoli Strawberry Cup, Fresh Orange</p>	<p>16</p> <p>Lunch Entrées-Choose One Spaghetti w/Cinnamon Roll Buffalo Chicken Pizza Deli Sandwich</p> <p>Sides-Choose One or More Caesar Salad, Steamed Squash Mandarin Oranges, Fresh Fruit Cup</p>	<p>17</p> <p>Lunch Entrées-Choose One Baked Chicken w/Roll Stuffed Crust Cheese Pizza **BBQ Sandwich</p> <p>Sides-Choose One or More Baked Beans, Coleslaw Peach Cup, Fresh Banana</p>	<p>18</p> <p>Lunch Entrées-Choose One Japanese Cherry Blossom Chicken w/Rice & Roll Garlic Cheesy Bread **Corn Dog</p> <p>Sides-Choose One or More Corn, Baby Carrots Applesauce, Fresh Grapes</p>
<p>21</p> <p>Lunch Entrées-Choose One Bowie Chicken Alfredo w/Roll Mozzarella Cheese Stick **Hot Dog w/Chili</p> <p>Sides-Choose One or More Green Beans, Glazed Sweet Potatoes Pineapple Tidbits, Fresh Apple</p>	<p>22</p> <p>Lunch Entrées-Choose One Chicken Tenders w/Breadstick Salisbury Steak w/Rice & Roll Toasted Cheese Sandwich</p> <p>Sides-Choose One or More Crinkle Cut French Fries, Sliced Cucumbers w/Fresh SC Grown Cucumbers, Strawberry Cup, Fresh Orange</p>	<p>23</p> <p>Lunch Entrées-Choose One Lasagna w/Cinnamon Roll Buffalo Chicken Pizza Deli Sandwich</p> <p>Sides-Choose One or More Caesar Salad, Roasted Cauliflower Mandarin Oranges, Fresh Fruit Cup</p>	<p>24</p> <p>Lunch Entrées-Choose One Tostitos w/Beef & Queso Garlic Cheesy Bread **Corn Dog</p> <p>Sides-Choose One or More Picante Pinto Beans, Veggie Cup Peach Cup, Fresh Banana</p>	<p>25</p> <p>Lunch Entrées-Choose One Tangerine Chicken w/Rice & Roll **Stuffed Crust Pepperoni Pizza **Cuban Pork Sandwich</p> <p>Sides-Choose One or More Corn, Garden Salad Applesauce, Fresh Grapes</p>
<p>28</p> <p>Lunch Entrées-Choose One Macaroni & Cheese w/Roll Philly Cheese Flatbread **Hot Dog w/Chili</p> <p>Sides-Choose One or More Green Beans, Mashed Potatoes Pineapple Tidbits, Fresh Apple</p>	<p>29</p> <p>Lunch Entrées-Choose One Chicken Tenders w/Breadstick BBQ Flatbread Pizza Toasted Cheese Sandwich</p> <p>Sides-Choose One or More Crinkle Cut French Fries, Confetti Collards Strawberry Cup, Fresh Orange</p>	<p>30</p> <p>Lunch Entrées-Choose One Spaghetti w/Cinnamon Roll Buffalo Chicken Pizza Deli Sandwich</p> <p>Sides-Choose One or More Caesar Salad, Steamed Squash Mandarin Oranges, Fresh Fruit Cup</p>	<p>31</p> <p>Lunch Entrées-Choose One Baked Chicken w/Roll Stuffed Crust Cheese Pizza **BBQ Sandwich</p> <p>Sides-Choose One or More Baked Beans, Sliced Cucumbers w/Fresh SC Grown Cucumbers, Peach Cup, Fresh Banana</p>	

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