

**SEPTEMBER 2023 Middle School Lunch Menu
GLUTEN FREE**

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY
GF Sweet & Sour Chicken Nuggets Brown Rice	GF Waffles with Scrambled Eggs & Sausage Patty	GF Alfredo Sauce with GF Pasta	GF Meatball Sub on GF Bun	GF Cheese Pizza
SIDES	SIDES	SIDES	SIDES	SIDES
Mixed Vegetable Medley	Tater Tots	Steamed Broccoli	Seasoned Green Beans	Baked Beans
Grape Tomatoes	Bayby Carrots	Caesar Side Salad	Sliced Cucumbers	Celery Sticks
Peaches	Blueberries	Pineapple	Diced Pears	Mandarin Oranges
Mixed Fruit	Orange Juice Cup	Fresh Grapes	Banana	Clementine's
9	10	11	12	13
ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY
GF Chicken Nuggets	GF Beefy Nacho's with Shredded Cheese	Grilled Cheese on GF Bread	GF BBQ Pork Sandwich on GF Bun & GF Mac & Cheese	FLEX DAY
SIDES	SIDES	SIDES	SIDES	SIDES
Mashed Potatoes	Seasoned Black Beans	GF Tomatoes Soup	Baked Beans	
Grape Tomatoes	Sweet Corn Salad	Side Toss Salad	Cole Slaw	
Peaches	Applesauce	Pineapple	Pears	
Mixed Fruit	Orange Wedges	Fresh Grapes	Banana	
16	17	18	19	20
ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY
Spicy Buffalo GF Chicken Nuggets over Rice	GF Waffles with Scrambled Eggs & Sausage Patty	Italian Meat Sauce over GF Pasta	MEA	MEA
SIDES	SIDES	SIDES	SIDES	SIDES
Mixed Vegetables	Tater Tots	Seasoned Green Beans		
Celery Sticks	Baby Carrots	Caesar Salad		
Diced Peaches	Blueberries	Pineapple		
Mixed Fruit	Orange Juice Cup	Grapes		
23	24	25	26	27
ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY
GF Chicken & Gravy	3-Hard Corn Shell Beef Taco's	Macaroni & Cheese with GF Pasta	GF Buffalo Chicken Dip	GF Corn Dog
SIDES	SIDES	SIDES	SIDES	SIDES
Mashed Potatoes	Roasted Garbanzo Beans	Steamed Broccoli	Seasoned Corn	Seasoned Carrots
Baby Carrots	Sweet Corn Salad	Caesar Side Salad	Celery Sticks	Tossed Side Salad
Peaches	Applesauce	Pineapple	Pears	Mandarin Oranges
cinnamon Apple Slices	Orange Wedges	Grapes	Banana	Clementine
30	31			
ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY	ENTRÉE OF THE DAY
GF Sweet & Sour Chicken Nuggets Brown Rice	GF Waffles with Scrambled Eggs & Sausage Patty			
SIDES	SIDES	SIDES	SIDES	SIDES
Mixed Vegetable Medley	Tater Tots			
Grape Tomatoes	Bayby Carrots			
Peaches	Blueberries			
Mixed Fruit	Orange Juice Cup			
AVAILABLE EVERY DAY:	AVAILABLE EVERY DAY:	AVAILABLE EVERY DAY:	AVAILABLE EVERY DAY:	AVAILABLE EVERY DAY:
GF Cheese Pizza	GF Cheese Pizza	GF Cheese Pizza	GF Cheese Pizza	GF Cheese Pizza
GF Pepperoni Pizza	GF Pepperoni Pizza	GF Pepperoni Pizza	GF Pepperoni Pizza	GF Pepperoni Pizza
GF Chicken Patty on GF Bun	GF Chicken Patty on GF Bun	GF Chicken Patty on GF Bun	GF Chicken Patty on GF Bun	GF Chicken Patty on GF Bun
Cheeseburger on GF Bun	Cheeseburger on GF Bun	Cheeseburger on GF Bun	Cheeseburger on GF Bun	Cheeseburger on GF Bun
Hamburger on GF Bun	Hamburger on GF Bun	Hamburger on GF Bun	Hamburger on GF Bun	Hamburger on GF Bun
Turkey Ham & Cheese on GF Bread	Turkey & Cheese on GF Bread	Turkey Ham & Cheese on GF Bread	Turkey & Cheese on GF Bread	Turkey Ham & Cheese on GF Bread
For full nutrition information call the Food Service Office 651-460-3820				
Student Price \$.00	Reduced price \$.00			Milk 1/2 Pt \$.50
Menu Subject to Change Without Notice. Questions or Comments? Contact Food Services At 651-460-3820				
This is an Equal Opportunity provider				