

October 2021 Lunch Menu -- Middle School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sodexo is Hiring Sodexo Careers Fountain Hills AZ</p>	<p><u>Low Fat Chocolate & 1% White Milk is Available With Every Meal</u></p>	<p>Daily</p> <p>Cheese or Pepperoni Pizza Sub Sandwich</p>		<p>1</p> <p>Chicken Nuggets Cheeseburger Chicken Patty Sandwich Turkey & Cheese Sub Chicken Caesar Salad Fresh Apples Mashed Potatoes</p>
<p>4</p> <p>Mozzarella Stuffed Breadsticks w/ Marinara Cheeseburger Chicken Patty Sandwich Ham & Cheese Sub Caesar Salad Chilled Pears Steamed Green beans</p>	<p>5</p> <p>Chili Frito Pie Cheeseburger Spicy Chicken Patty Ham & Cheese Sub Chef Salad Fresh Apple Carrot Coins</p>	<p>6</p> <p>Orange Chicken Cheeseburger Chicken Patty Sandwich Turkey & Cheese Sub Crispy Chicken Salad Fresh Sliced Oranges Seasoned Corn</p>	<p>7</p> <p>Grilled Ham & Cheese Cheeseburger Chicken Patty Sandwich Italian Sub Chicken Caesar Salad Chilled Pears Mixed Vegetables</p>	<p>8</p> <p>Baked Fish Sandwich Cheeseburger Chicken Patty Sandwich Turkey & Cheese Sub Chef Salad Chilled Pears Fresh Oranges</p>
<p>11</p> 	<p><u>Students must Choose 3 out of the 5 Meal Components. One of The 3 Components Selected, MUST Be Fruit and or a Vegetable</u></p>	<p>13</p> 	<p>Breakfast and Lunch Are Free for All Student's Through-out this School Year! Snacks and Extra drinks Are not Free</p>	<p>15</p> 
<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Carrots / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Broccoli / Fruit / Milk 1% or Fat Free Milk</u></p>
<p>18</p> <p>Traditional Nachos Cheeseburger Chicken Patty Sandwich Turkey & Cheese Sub Garden Salad Fresh Oranges Ranchero Beans</p>	<p>19</p> <p>Breakfast for Lunch Cheeseburger Chicken Patty Sandwich Ham & Cheese Sub Chicken Caesar Salad Chilled Mixed Fruit Seasoned Corn</p>	<p>20</p> <p>Popcorn Chicken Cheeseburger Chicken Sandwich Turkey & Cheese Sub Chef Salad Chilled Applesauce Oven Baked French Fries</p>	<p>21</p> <p>Beefy Mac Cheeseburger Chicken Sandwich Ham & Cheese Sub Crispy Chicken Salad Fresh Apples Steamed Broccoli</p>	<p>22</p> <p>Chicken Nuggets Cheeseburger Chicken Patty Sandwich Turkey & Cheese Sub Chicken Caesar Salad Chilled Pears Seasoned Corn</p>
<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>
<p>25</p> <p>Penne & Meat Sauce Cheeseburger Chicken Patty Sandwich Ham & Cheese Sub Caesar Salad Fresh Oranges Steamed Broccoli</p>	<p>26</p> <p>Chicken Nuggets Chicken Sandwich Cheeseburger Turkey & Cheese Sub Chef Salad Mixed Berries Mashed Potatoes & Gravy</p>	<p>27</p> <p>Teriyaki Bowl Cheeseburger Chicken Patty Sandwich Italian Sub Crispy Chicken Salad Fresh Apple Steamed Carrots</p>	<p>28</p> <p>Cheese Enchiladas Cheeseburger Chicken Patty Sandwich Turkey & Cheese Sub Chicken Caesar Salad Chilled Pears Ranchero Beans</p>	<p>29</p> <p>Macaroni & Cheese Cheeseburger Chicken Patty Sandwich Ham & Cheese Sub Garden Salad Diced Peaches Seasoned Corn</p>
<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>	<p><u>Vegetable / Fruit / Milk 1% or Fat Free Milk</u></p>