

**October 2017**

# Memorial Middle School

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<b>2</b> <b>Chicken Tenders</b> Mac & Cheese, Corn w/Red Pepper Tossed Salad w/Lo Fat Dressing <b>or/</b> Deli Sandwich Bar or Salad Plate	<b>3</b> <b>Nacho Platter w/cheese</b> Sauce, Seasoned Meat, Lettuce, Tomato, Salsa, Corn, Bean & Rice Salad <b>or/</b> Deli Sandwich Bar or Salad Plate	<b>4</b> <b>Little Caesars Whole Grain Pizza</b> Soup w/ Crackers Tossed Salad w/ Dressing <b>or/</b> Deli Sandwich Bar or Salad Plate	<b>5</b> <b>Nacho Platter w/cheese</b> Sauce, Seasoned Meat, Lettuce, Tomato, Salsa, Corn, Bean & Rice Salad <b>or/</b> Deli Sandwich Bar or Salad Plate	<b>6</b> <b>Professional Development</b> <b>No School for Students</b>
<b>9</b> <b>Columbus Day</b> <b>SCHOOL CLOSED</b>	<b>10</b> <b>Hamburger/Cheeseburger on Whole Grain Roll</b> w/ Tomato & Lettuce, Baked Cheesy Potato <b>or/</b> Deli Sandwich Bar or Salad Plate	<b>11</b> <b>Little Caesars Whole Grain Pizza</b> Soup w/ Crackers Tossed Salad w/ Dressing <b>or/</b> Deli Sandwich Bar or Salad Plate	<b>12</b> <b>Chicken Patty</b> on Whole Grain Kaiser Roll, Lettuce & Tomato, Potato <b>or/</b> Deli Sandwich Bar or Salad Plate	<b>13</b> <b>Pizza Sticks</b> w/Tomato Sauce Tossed Salad w/Lo Fat Dressing <b>or/</b> Deli Sandwich Bar or Salad Plate
<b>16</b> <b>Popcorn Chicken w/Whole Grain Biscuit</b> Mashed Potato & Gravy Corn <b>or/</b> Deli Sandwich Bar or Salad Plate	<b>17</b> <b>Chicken Caesar Wrap</b> <i>[Choice of Regular or Spicy]</i> on Whole Grain Roll <b>or/</b> Deli Sandwich Bar or Salad Plate	<b>18</b> <b>Little Caesars Whole Grain Pizza</b> Soup w/ Crackers Tossed Salad w/ Dressing <b>or/</b> Deli Sandwich Bar or Salad Plate	<b>19</b> <b>Hamburger/Cheeseburger on Whole Grain Roll</b> w/ Tomato & Lettuce, Potato <b>or/</b> Deli Sandwich Bar or Salad Plate	<b>22</b> <b>Mozzarella Sticks</b> Whole Grain Italian Bread, Pasta w/Tomato Sauce Tossed Salad w/Lo Fat Dressing <b>or/</b> Deli Sandwich Bar or Salad Plate
<b>23</b> <b>Crispy Chicken Nuggets</b> Mac & Cheese Broccoli <b>or/</b> Deli Sandwich Bar or Salad Plate	<b>24</b> <b>Cheese Steak</b> <i>[Beef or Chicken]</i> Whole Grain Sub Roll Hash Brown <b>or/</b> Deli Sandwich Bar or Salad Plate	<b>25</b> <b>Little Caesars Whole Grain Pizza</b> Soup w/ Crackers Tossed Salad w/ Dressing <b>or/</b> Deli Sandwich Bar or Salad Plate	<b>26</b> <b>Chicken Patty Plain, Buffalo or Parm</b> on Whole Grain Kaiser Roll, Lettuce & Tomato <b>or/</b> Deli Sandwich Bar or Salad Plate	<b>27</b> <b>Pizza Sticks</b> w/Tomato Sauce Tossed Salad w/Lo Fat Dressing <b>or/</b> Deli Sandwich Bar or Salad Plate
<b>30</b> <b>Meatball or Meatball Parm</b> Whole Grain Sub Roll Tossed Salad w/Lo Fat Dressing <b>or/</b> Deli Sandwich Bar or Salad Plate	<b>31</b> <b>Chicken Sandwich</b> Lettuce & Tomato, Potato <b>or/</b> Deli Sandwich Bar or Salad Plate		<b>Available Daily:</b> Sandwiches Made to Order; Fresh Baked Whole Grain Cheese Pizza; Fresh Veggie Boat; Fruit Juice; Fruit Slush; Fresh & Canned Fruit <b>All Lunches Include:</b> Entrée, Vegetable, Fresh or Canned Fruit, Bread/Grain & Choice of Milk	<b>Student Lunch: \$3.25</b> <b>Milk: \$.65</b> <b>NO CHARGING DURING LUNCH</b> Lunch tickets may be purchased at Breakfast or Homeroom

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**Please notify food services of any special dietary issues**