

**October 2018**

**Memorial Middle School Lunch Menu**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>1</b> <b>Chicken Tenders</b> Mac &amp; Cheese, Corn w/Red Pepper Tossed Salad w/Lo Fat Dressing <b>or/</b> Deli Sandwich Bar or Salad Plate</p>	<p><b>2</b> <b>Nacho Platter w/cheese</b> Sauce, Seasoned Meat, Lettuce, Tomato, Salsa, Corn, Bean &amp; Rice Salad <b>or/</b> Deli Sandwich Bar or Salad Plate</p>	<p><b>3</b> <b>Little Caesars Whole Grain Pizza</b> Soup w/ Crackers, Tossed Salad w/ Dressing, <b>or/</b> Deli Sandwich Bar or Salad Plate</p>	<p><b>4</b> <b>Mozzarella Sticks</b> Italian Bread, Pasta w/Tomato Sauce, Tossed Salad w/Lo Fat Dressing <b>or/</b> Deli Sandwich Bar or Salad Plate</p>	<p><b>5</b> <b>Professional Development No School for Students</b></p>
<p><b>8</b> <b>Columbus Day SCHOOL CLOSED</b></p>	<p><b>9</b> <b>Hamburger/Cheeseburger</b> On Whole Grain Roll, Tomato &amp; Lettuce, Baked Cheesy Potato <b>or/</b> Deli Sandwich Bar or Salad Plate</p>	<p><b>10</b> <b>Little Caesars Whole Grain Pizza</b> Soup w/ Crackers, Tossed Salad w/ Dressing, <b>or/</b> Deli Sandwich Bar or Salad Plate</p>	<p><b>11</b> <b>Chicken Patty</b> on Whole Grain Kaiser Roll, Lettuce &amp; Tomato, Potato <b>or/</b> Deli Sandwich Bar or Salad Plate</p>	<p><b>12</b> <b>Pizza Sticks</b> Tomato Sauce, Veggies, Tossed Salad w/Lo Fat Dressing <b>or/</b> Deli Sandwich Bar or Salad Plate</p>
<p><b>15</b> <b>Popcorn Chicken w/Whole Grain Biscuit</b> Mashed Potato &amp; Gravy Corn <b>or/</b> Deli Sandwich Bar or Salad Plate</p>	<p><b>16</b> <b>Chicken Caesar Wrap or Salad</b> <i>[Choice of Regular or Spicy]</i> on Whole Grain Roll <b>or/</b> Deli Sandwich Bar or Salad Plate</p>	<p><b>17</b> <b>Little Caesars Whole Grain Pizza</b> Soup w/ Crackers, French Fries, Tossed Salad w/Lo Fat Dressing, <b>or/</b> Deli Sandwich Bar or Salad Plate</p>	<p><b>18</b> <b>Hamburger/Cheeseburger on Whole Grain Roll</b> w/ Tomato &amp; Lettuce, Potato <b>or/</b> Deli Sandwich Bar or Salad Plate</p>	<p><b>19</b> <b>Mozzarella Sticks</b> Italian Bread, Pasta w/Tomato Sauce, Tossed Salad w/Lo Fat Dressing <b>or/</b> Deli Sandwich Bar or Salad Plate</p>
<p><b>22</b> <b>Crispy Chicken Nuggets</b> Mac &amp; Cheese Broccoli <b>or/</b> Deli Sandwich Bar or Salad Plate</p>	<p><b>23</b> <b>Cheesesteak</b> Beef or Chicken, Whole Grain Sub Roll, Hash Brown <b>or/</b> Deli Sandwich Bar or Salad Plate</p>	<p><b>24</b> <b>Little Caesars Whole Grain Pizza</b> Soup w/ Crackers, French Fries, Tossed Salad w/Lo Fat Dressing, <b>or/</b> Deli Sandwich Bar or Salad Plate</p>	<p><b>25</b> <b>Chicken Patty Plain, Buffalo or Parm</b> on Whole Grain Kaiser Roll, Lettuce &amp; Tomato <b>or/</b> Deli Sandwich Bar or Salad Plate</p>	<p><b>26</b> <b>Pizza Sticks</b> Tomato Sauce, Veggies, Tossed Salad w/Lo Fat Dressing <b>or/</b> Deli Sandwich Bar or Salad Plate</p>
<p><b>29</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</p>	<p><b>30</b> <b>Chicken Sandwich</b> Lettuce &amp; Tomato, Potato <b>or/</b> Deli Sandwich Bar or Salad Plate</p>	<p><b>31</b> <b>Little Caesars Whole Grain Pizza</b> Soup w/ Crackers, French Fries, Tossed Salad w/Lo Fat Dressing, <b>or/</b> Deli Sandwich Bar or Salad Plate</p>	<p><b>NO CHARGING DURING LUNCH</b> Lunch tickets may be purchased at Breakfast or Homeroom <b>Please notify food services of any special dietary issues</b></p>	<p><b>Available Daily:</b> Sandwiches Made to Order; Fresh Baked Whole Grain Cheese Pizza; Fresh Veggie Boat; Fruit Juice; Fruit Slush; Fresh &amp; Canned Fruit</p>

\* This institution is an equal opportunity provider. | El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

**Student Lunch: \$3.50**  
**Milk [All Varieties]: \$.65**