

Middle School

November



Monthly Special:

**Spicy Chicken
Salad**

*BREAKFAST is served at
ALL middle schools.
Check your school for
times!*

Daily Offerings Available to ALL Students:

Crispy Chicken Sandwich
Italian Sub
Turkey, Bacon & Cheese Sub
Hummus Veggie Wrap (T-Fr)
Pepperoni/Cheese Pizza
Hamburger/Cheeseburger
PB&J Uncrustable
Antipasto Salad
Chicken Caesar Salad
Greek Salad

All Options Include:





1/2 cup Fruit
3/4 cup Vegetable
Choice of Milk

Vegetable Choices:

Corn
Carrot Sticks
Celery Sticks
Broccoli Bites
Hummus



*Student and Family Food Service
Feedback Form!*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
30 Buffalo Grilled Chicken Wrap Sun Chips Sliced Cucumbers & Carrots w/ Ranch	31 Nacho Supreme Refried Beans Salsa/Sour Cream	1 The Boat Chicken Poppers over Mashed Potatoes, Corn & Gravy Dinner Roll	2 Orange Chicken Brown Rice Steamed Broccoli	3 Hot N' Spicy Chicken Sandwich Spinach & Romaine Salad
6 Boneless Chicken Wings Waffle Fries Sliced Cucumbers Ranch/Ketchup	7 	8 Chicken Nuggets Tater Tots Carrots w/ Ranch BBQ Sauce/ Ketchup	9 Chicken Ranchero Wrap Carrots w/ Ranch	10 Bosco Sticks Marinara Dip Sauce Spinach & Romaine Salad
13 Super Soft Pretzel w/ Cheese Celery & Carrots w/ Ranch	14 Nacho Supreme Refried Beans Salsa/Sour Cream	15 Chicken Nuggets Corn Carrot Sticks BBQ Sauce/ Ranch	16 General Tso Chicken Brown Rice Steamed Broccoli	17 BBQ Chicken Nachos w/ salsa & sour cream Spinach & Romaine Salad
20 Chip-Filet Chicken Sandwich w/ American cheese, lettuce, pickles + mayo Cauliflower & Carrots w/ Ranch	21 Walking Taco Seasoned Black Beans Salsa/ Sour Cream	22 	23 	
27 Spicy Chicken Wrap Sliced Cucumber & Carrots w/ Ranch	28 Nacho Supreme Refried Beans Salsa/Sour Cream	29 The Boat Chicken Poppers over Mashed Potatoes, Corn & Gravy Dinner Roll	30 Orange Chicken Brown Rice Steamed Broccoli	1 Big Chip Burger w/ American cheese, lettuce, pickles + mayo Spinach & Romaine Salad Ketchup/Mustard

*If you have a food allergy please be aware that CVS prepares food that may contain
or have come into contact with peanuts, nuts or other possible allergens.*