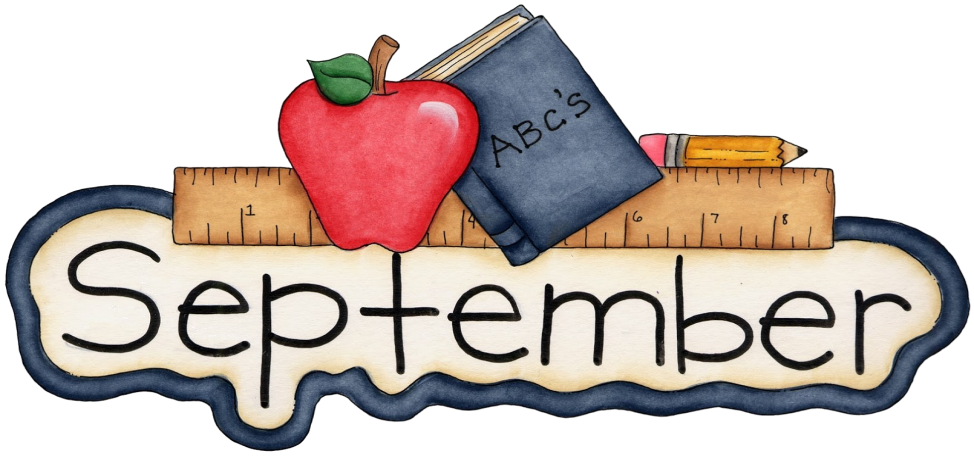
Middle School



Student:	$3.00
PLUS:	$4.50
(Additional serving)	
Reduced:	$0.40
Milk:	$0.60

Monthly Special:
Southwest Chicken Salad

Daily Offerings Available to ALL Students:

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

Free & Reduced Students
You may also choose from the Daily Offerings!

Students that had an approved free/reduced meal application on file in 21/22 that do not have an approved 2022-2023 application on file as of October, 17th 2022 will no longer receive meal benefits. The 2022-2023 application may be completed online at www.familyportal.cloud

BREAKFAST is served daily at all middle schools. Check your school for times.

Monday	Tuesday	Wednesday	Thursday	Friday
5 Happy LABOR DAY	6 Welcome back to SCHOOL	7 **Hot N' Spicy Chicken Sandwich** Carrots w/ Ranch	8 **Chicken Ranchero Wrap** Sliced Cucumbers w/ Ranch	9 **Bosco Sticks** Dipping Sauce Spinach & Romaine Salad
12 **Buffalo Grilled Chicken Wrap** Sliced Cucumbers and Carrots w/ Ranch	13 **Walking Taco** Seasoned Black Beans Salsa/ Sour Cream	14 **Chicken Nuggets** Tater Tots Celery w/ Ranch Dinner roll w/ Margarine *BBQ Sauce/ Ketchup*	15 **Tangerine Chicken** *w/ fortune cookie* Brown Rice Steamed Broccoli	16 **The Twisted Cheeseburger** Spinach & Romaine Salad
19 **Mediterranean Falafel & Pita** w/ hummus Spinach & Romaine Salad	20 **Nacho Supreme** Refried Beans Salsa/Sour Cream	21 **Chicken Nuggets** Mashed Potatoes w/ Gravy & Corn Dinner Roll w/ margarine *BBQ Sauce/ Ketchup*	22 **Spicy Chicken Wrap** Sliced Cucumbers w/ Ranch	23 **Boneless Chicken Wings** Sidewinder Fries Carrots w/ Ranch *BBQ Sauce/Ketchup*
26 **Super Soft Pretzel w/ Cheese** Sliced Cucumbers & Carrots w/ Ranch	27 **2 for 1 Beef Taco** Seasoned Black Beans Salsa/ Sour Cream	28 **Chicken Nuggets** Tater Tots Celery w/ Ranch Dinner Roll w/ Margarine *BBQ Sauce/ Ketchup*	29 **General Tso Chicken** *w/ fortune cookie* Brown Rice Steamed Broccoli	30 **Chip-Filet Chicken Sandwich** *w/ American cheese & pickles* Spinach & Romaine Salad

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.