

Middle/Jr Lunch October 2018

#N/A

			Monday	Tuesday	Wednesday	Thursday	Friday			
			National Taco Day							
Week 4	Daily Require	Weekly Require	1 Both Lines	2 Main Menu	With Take-Out Option	3 Main Menu	With Take-Out Option	4 Main Menu	With Take-Out Option	5 Both Lines
Meat/MA	1 M/MA (Min.)	9-10 M/MA	Chicken Bites (2M/MA, 1 B/G) OR Chicken Tender(2M/MA, 1.25B/G)	General Tso's Chicken (2M/MA) OR Mandarin Orange Chicken (2M/MA)	Hot Dog (2M/MA) w/ OR w/out Chili OR BBQ Pulled Pork (2M/MA) OR BBQ Chicken (2M/MA)	Pastalaya (2M/MA) OR Fettuccini (2M/MA) OR Breezy Beef Mac (2M/MA)	Hamburger (2M/MA) OR Cheeseburger (2M/MA)	Tacos, Beef (2M/MA) OR Burrito (2M/MA) OR Nacho Supreme (2M/MA) w/Cheese	WG Pizza (2M/MA) OR Cheese Bites (2M/MA) OR Smoothie w/cheese stick(2M/MA) OR Parfait (2M/MA)	
Veg Option			Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)		
Fruit	1/2c	2 1/2cup	Mixed fruit and Oranges (1/2c each)	Pineapple and Applesauce can or cup (1/2c each)	Watermelon and Peaches (1/2c each)	Juice and Bananas (1/2c each)				NO SCHOOL
Veggie (G)	3/4c	1/2c (min)	Salad (1/2c=1/4c)	Steamed Broccoli (1/2c)	Green Leaf (1/2c = 1/4c)	Green Leaf (1/2c = 1/4c)	Green Leaf (1/2c = 1/4c)	Salad (1c=1/2c)		
Veggie (R/O)		3/4c (min)		Carrots, raw (1/4c)	Vegetable Blend Juice (4oz)	Carrot, raw OR Slices, fz. (1/2c)	Salsa or Tomatoes, diced(1/4c)	Marinara (1/4c)		
Veg. (S)		1/2c	Mashed Potatoes (1/2c) w/Gravy		Fries OR Tots (3/4c)	Regular Fries (3/4c)	Corn (1/2c)			
Veg. (O)		1/2c						Smoothie&Parfait-add FreshVeg(1/4c)		
Legume (B)		1/2c								FAIR DAY
WG Bread (W)	1 B/G (Min.)	8-10 B/G	Roll (2B/G)	Breadstick (1B/G) Rice (1/2c=1B)	Bun, School Made (2B/G)	Garlic Breadstick (1B/G) Pastalaya-Pasta (1/2C =1B/G) Fettuccine-Pasta (1/2C =1B/G) Beefy Mac-Pasta (.75 B)	Bun, School Made (2B/G)	Taco-Cinnamon Breadsticks (1B/G) Tortilla (1=1B/G) Corn Shells (2=1.25B/G)	Pizza (2B/G) Cheese Bites (2B/G) Burrito - Tortilla (1=2B/G) Parfait-Granola (1B/G)	
Bread										
Extras				Choc Chip Cookie	Choc Chip Cookie			Sour Cream and Jalapenos	Brownie	
National School Lunch Week - "School Lunch, Lots 2 Love"										
National Take Your Parents to Lunch Day / National Pasta Day										
Week 1	Daily Require	Weekly Require	8 Both Lines	9 Main Menu	With Take-Out Option	10 Main Menu	With Take-Out Option	11 Main Menu	With Take-Out Option	12 Both Lines
Meat/MA	1 M/MA (Min.)	9-10 M/MA	Chicken Bites (2M/MA, 1 B/G) OR Chicken Tender(2M/MA, 1.25B/G)	Potato Bar Diced Ham OR Turkey OR Tuna OR Chili w/ 1oz Cheese (2M/MA)	Chicken Patty (2M/MA)	Gumbo (2M/MA) OR Chicken Sauce Picante (2M/MA) OR Jambalaya (2M/MA) OR Chicken Pot Pie (2M/MA)	Meatball Sub (2M/MA) Pork Patty (2M/MA)	Chicken (2 M/MA) Roasted, Oven Fried, Baked OR Fried	Hot Dog (2M/MA) w/ OR w/out Chili OR BBQ Pulled Pork (2M/MA) OR BBQ Chicken (2M/MA)	
Veg Option			Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)		
Fruit	1/2c	2 1/2cup	Peaches and Apples (1/2c each)	Pears and Frozen Fruit Cup or Sorbet (1/2c each)	Tropical Fruit and Grapes (1/2c each)	Southern Baked Apples and Honey Dew/Cantaloupe (1/2c each)				NO STUDENTS
Veggie (G)	3/4c	1/2c (min)	Salad (1/2c=1/4c)	Salad (1/2c = 1/4c)	Green Leaf (1/2c = 1/4c)	Pork - Green Leaf (1/2c=1/4c)	Sub - Marinara (1/4c) offer extra on bar			
Veggie (R/O)		3/4c (min)		Baked Sweet Potato (1/2c)	Tomatoes sliced (1/4c)	Carrots, raw (1/4c)	Tomatoes sliced (1/4c)			Sweet Potato Fries (3/4c)
Veg. (S)		1/2c	Green Peas (1/2c)	Baked Potato (1/2c)	Regular Fries (3/4c)	Potato Salad (1/2c)	Regular Fries (3/4c)			
Veg. (O)		1/2c								
Legume (B)		1/2c						Red Beans (3/4c = 1/2c)		
WG Bread (W)	1 B/G (Min.)	8-10 B/G	Texas Toast (1B/G) OR Roll (1 B/G)	Texas Toast (1 B/G)	Bun, School Made (2B/G) OR Bun, Purchased (2B/G)	Bread Stick (1B/G) Rice (1/2c = 1B/G)	Bun, School Made (2B/G) Sub Roll (2B/G)	Biscuit (2B/G) Rice (1/2c = 1B/G)	Bun, School Made (2B/G)	
Bread			Mac & Cheese 1/2c (.75B/G + .75M/MA)							
Extras				Sour Cream and Brownie		Oatmeal Cookie	Oatmeal Cookie			Cake or Cupcake
National School Lunch Week - "School Lunch, Lots 2 Love"										
National Take Your Parents to Lunch Day / National Pasta Day										
Week 2	Daily Require	Weekly Require	15 Both Lines	16 Main Menu	With Take-Out Option	17 Main Menu	With Take-Out Option	18 Main Menu	With Take-Out Option	19 Both Lines
Meat/MA	1 M/MA (Min.)	9-10 M/MA	Chicken Bites (2M/MA, 1 B/G) OR Chicken Tender(2M/MA, 1.25B/G) OR General Tso's Chicken (2M/MA) OR Mandarin Orange Chicken (2M/MA)	Fajita (2M/MA) OR Quesadilla (2 M/MA) OR Gordita (2 M/MA) (School Made)w/ Cheese	Hot Dog (2M/MA) w/ OR w/out Chili OR BBQ Pulled Pork (2M/MA) OR BBQ Chicken (2M/MA) OR CORNDOG(2M/MA)	Meat Sauce (2M/MA) OR Lasagna (2M/MA) OR Ravioli (1M/MA)	Chicken Patty (2M/MA)	Catfish AND/OR Fish Strips (2M/MA)	Hamburger (2M/MA) OR Cheeseburger (2M/MA)	Pizza (2M/MA) OR Mozzarella Bread Sticks (2M/MA) OR Quesadilla (2M/MA) OR Chicken Wrap (2M/MA)
Veg Option			Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)		Yogurt and Cheese Stick (2M/MA)
Fruit	1/2c	2 1/2cup	Pineapple and Oranges (1/2c each)	Watermelon (1/2c) and Fruit Crisp (1/2c=1/4c)	Mixed fruit and Raisins/Flavored Raisins/Cranraisins (1/2c each)	Pears and Banana (1/2c each)				Applesauce and Kiwi (1/2c ea)
Veggie (G)	3/4c	1/2c (min)	Salad(1/2c=1/4c)	Green Leaf Lettuce (1/2c = 1/4c)	Carrot, raw (1/4c)	Meat sauce (1/2c) OR Marinara (1/4c)	Green Leaf (1/2c = 1/4c)	Sweet Potato (1/2c)	Green Leaf (1/2c = 1/4c)	Salad (1/2 = 1/4 c)
Veggie (R/O)		3/4c (min)	Tso or Mandarin - Carrots (1/2c)	Salsa (1/4c)	Fries OR Tots (3/4c)	Green Beans (1/2c)	Regular Fries (3/4c)	Tomatoes (1/4c)	Tomatoes (1/4c)	Marinara Sauce or Salsa (1/4c.)
Veg. (S)		1/2c	Nugget or Tender-Potato Au gratin (3/4c)				And Baked Potato (1/2c)	Regular Fries (3/4c)	Regular Fries (3/4c)	Corn (1/2c)
Veg. (O)		1/2c					Coleslaw (1/2c)			
Legume (B)		1/2c		Refried Beans (2/3c = 1/2c)		Baked Beans (2/3c = 1/2c)				
WG Bread (W)	1 B/G (Min.)	8-10 B/G	Nugget or Tender-Roll (2 B/G) Tso or Mandarin - Breadstick (1B/G) Tso or Mandarin - Rice (1/2c=1B/G)	Fajita-Tortilla (1=1B/G) Quesadilla-Tortilla (1=1B/G) Gordita-Flatbread (2 B/G)	Bun, School Made (2B/G)	French Bread (1B/G) Spaghetti, Rotini OR Lasagna (1/2c = 1B/G) Ravioli (.5 B/G)	Bun, School Made (2B/G) OR Bun, Purchased (2B/G)	Roll (2 B/G)	Bun, School Made (2B/G)	Pizza (2B/G) Mozzarella Bread Sticks (2B/G) Quesadilla Crust (2B/G) Tortillas (1= 1B/G)
Bread			Mac & Cheese 1/2c (.75B/G + .75M/MA)							Chocolate Chip Cookie
Extras				Sour Cream and Jalapenos		Parmesan cheese				
National School Lunch Week - "School Lunch, Lots 2 Love"										
National Take Your Parents to Lunch Day / National Pasta Day										
Week 3	Daily Require	Weekly Require	22 Both Lines	23 Main Menu	With Take-Out Option	24 Main Menu	With Take-Out Option	25 Main Menu	With Take-Out Option	26 Both Lines
Meat/MA	1 M/MA (Min.)	9-10 M/MA	Chicken Bites (2M/MA, 1 B/G) OR Chicken Tender(2M/MA, 1.25B/G)	Tacos, Beef (2M/MA) OR Burrito, Beef w/ Cheese (3M/MA)	Nachos Supreme (2M/MA)	Turkey Roast w/ Gravy (2M/MA) OR Pork Roast w/Gravy (2M/MA)	Fish Square (2M/MA) OR Meatball Sub (2M/MA)	Salisbury Steak (2M/MA) OR Meatloaf (2M/MA) OR Shepherds Pie (2M/MA)	Chicken Patty (2M/MA)	Hamburger (2M/MA) OR Cheeseburger (2M/MA) OR Ham & Cheese Po'boy (2M/MA) OR Pork Patty (2M/MA)
Veg Option			Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)		Yogurt and Cheese Stick (2M/MA)
Fruit	1/2c	2 1/2cup	Pears and Apples (1/2c each)	Mixed Fruit and Frozen Fruit Cup or Sorbet (1/2c each)	Applesauce can or cup and Strawberries (1/2c each)	Tropical Fruit and Honey Dew/Cantaloupe (1/2c each)				Peaches and Banana (1/2c each)
Veggie (G)	3/4c	1/2c (min)	Broccoli (1/2c)	GreenLeaf Lettuce (1/2c = 1/4c)	GreenLeaf Lettuce (1/2c=1/4c)	Fish - Greenleaf Lettuce (1/2c = 1/4c)	Green Leaf (1/2c = 1/4c)	Green Leaf (1/2c = 1/4c)	Green Leaf (1/2c = 1/4c)	Green Leaf (1/2c = 1/4c)
Veggie (R/O)		3/4c (min)	Carrot, raw (1/4c)	Salsa or Tomatoes, diced (1/4c)	Salsa or Tomatoes,diced(1/4c)	Sweet Potato Casserole (2/3c=1/2c)	Sub-Marinara(1/4c)offer extra on bar	Sweet Potato Fries (3/4c)	Sweet Potato Fries (3/4c)	Tomato, sliced(1/4c)
Veg. (S)		1/2c				Cauliflower (1/4c)	Fries (3/4c)	Potatoes, Mashed w/Gravy (1/2c)		Fries or Tots(3/4c)
Veg. (O)		1/2c						Zucchini & Squash (1/4c)		
Legume (B)		1/2c		Refried Beans (2/3c=1/2c)						
WG Bread (W)	1 B/G (Min.)	8-10 B/G	Texas Toast (1B/G) OR Roll (1B/G)	Taco-Cinnamon Breadsticks (1B/G) Tortilla (1=1B/G) Corn Shells (2=1.25B/G) Burrito - Tortilla (1=2B/G) Cinnamon Breadsticks = (1B/G)	Nacho Chips (2B/G) OR Top-n-Go Bag (2B/G)	Roll (2B/G) Rice (1/2c=1B/G)	Bun, School Made (2B/G) Sub Roll (2B/G)	Roll (2 B/G)	Bun, School Made (2B/G) OR Bun, Purchased (2B/G)	Bun, School Made (2B/G) Bun, Pobby, School Made (2B/G)
Bread			Mac & Cheese 1/2c (.75B/G + .75M/MA)							
Extras				Sour Cream and Jalapenos	Sour Cream and Jalapenos		Fish-offerTartar Sauce	Cake or Cupcake	Cake or Cupcake	Rice Crispy Treat

Week 4			Halloween								
Daily Requir	Weekly Require	29 Both Lines	30 Main Menu	With Take-Out Option	31 Main Menu	With Take-Out Option	1 Main Menu	With Take-Out Option	2 Both Lines		
Meat/MA	1 M/MA (Min.)	9-10 m/ma	Chicken Bites (2M/MA, 1 B/G) OR Chicken Tender(2M/MA, 1.25B/G)	General Tso's Chicken (2M/MA) OR Mandarin Orange Chicken (2M/MA)	Hot Dog (2M/MA) w/ OR w/out Chili OR BBQ Pulled Pork (2M/MA) OR BBQ Chicken (2M/MA)	Pastalaya (2M/MA) OR Fettuccini (2M/MA) OR Breezy Beef Mac (2M/MA)	Hamburger (2M/MA) OR Cheeseburger (2M/MA)	Potato Bar Diced Ham OR Turkey OR Tuna OR Chili w/ 1oz Cheese (2M/MA)	WG Pizza (2M/MA) OR Cheese Bites (2M/MA) OR Smoothie w/cheese stick(2M/MA) OR Parfait (2M/MA)	Chicken Patty (2M/MA)	
Veg Option			Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)	Yogurt and Cheese Stick (2M/MA)		Yogurt and Cheese Stick (2M/MA)		Yogurt and Cheese Stick (2M/MA)	
Fruit	1/2c	2 1/2 cup	Mixed fruit and Oranges (1/2c each)	Pineapple and Applesauce can or cup (1/2c each)	Watermelon and Peaches (1/2c each)			Juice and Bananas (1/2c each)		Pears and Kiwi (1/2c each)	
Veggie (G)	3/4c	1/2c (min)	Salad (1/2c=1/4c)	Steamed Broccoli (1/2c)			Green Leaf (1/2c = 1/4c)	Salad (1/2c = 1/4c)	Salad (1c=1/2c)	Lettuce, Shredded (1/2c=1/4c)	
Veggie (R/O)		3/4c (min)		Carrots, raw (1/4c)	Vegetable Blend Juice (4oz)	Carrot, raw OR Slices, fz. (1/2c)	Tomatoes (1/4c)	Baked Sweet Potato (1/2c)	Marinara (1/4c)		
Veg. (S)		1/2c	Mashed Potatoes (1/2c) w/Gravy		Fries OR Tots (3/4c)		Regular Fries (3/4c)	Baked Potato (1/2c)		Fries	
Veg. (O)		1/2c				Green Beans (1/2c)			Smoothie&Parfait-add FreshVeg(1/4c)		
Legume (B)		1/2c								Baked Beans (2/3c=1/2c)	
WG Bread (W)	1 B/G (Min.)	8-10 B/G	Roll (2B/G)	Breadstick (1B/G) Rice (1/2c=1B)	Bun, School Made (2B/G)	Garlic Breadstick (1B/G) Pastalaya-Pasta (1/2C =1B/G) Fettuccine-Pasta (1/2C =1B/G) Beefy Mac-Pasta (.75 B)	Bun, School Made (2B/G)	Texas Toast (1 B/G)	Pizza (2B/G) Cheese Bites (2B/G) Smoothie-Graham Cracker(1B/G) Parfait-Granola (1B/G)	Bun, School Made (2B/G)	
Extras				Choc Chip Cookie	Choc Chip Cookie			Sour Cream and Brownie	Brownie		