



MIDDLE SCHOOL October Menu



Manage your meals online at:
MySchoolBucks.com

COST: Breakfast \$2.50 & Lunch \$3.50

Apply for Meal Benefits for free and reduced-priced meals at: **SCPSmealapp.com**

★ = Limited Time Only

🐷 = This Contains Pork

🌿 = Vegetarian Option

EVERYDAY FAVORITES

YOGURT PARFAIT MEAL

Assorted Fruit Flavor 🌿

SPECIALTY SALAD MEAL

Turkey & Cheese Chef or Chicken Caesar

OVEN FRESH PIZZA MEAL

Cheese 🌿, Pepperoni 🐷 or Buffalo Chicken

CHICKEN SANDWICH MEAL

Crispy, Spicy or **NEW!** Plant-based 🌿

NEW! HUMMUS BOX MEAL 🌿

Available weekly

BREAKFAST

All Meals Include An Entrée, Fruit, 100% Fruit Juice and/or Milk

MONDAY

Chicken Biscuit

TUESDAY

French Toast Sticks & Sausage 🐷
Fresh Baked Scone & Yogurt 🌿

WEDNESDAY

Chicken Biscuit

THURSDAY

Egg & Cheese Bagel 🌿
Sausage, Egg & Cheese Bagel 🐷
Fresh Baked Scone & Yogurt 🌿

FRIDAY

Waffles & Chicken Tender

EVERYDAY FAVORITES

General Mills® Cereals & Cheese Stick 🌿
BenefIT® Bar 🌿

FEATURED MEAL OF THE DAY

All Meals Include an Entrée, Fruit, Juice, Vegetables and/or Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Boneless Wings Mashed Potatoes Gravy Dinner Roll	3 Baked Pasta 🌿 Green Beans Garlic Breadstick	4 Chicken, Beef or Veggie 🌿 Burrito Bowl Cilantro Lime Rice Black Beans	5 Sriracha Honey Chicken★ or Teriyaki Chicken Rice or Lo Mein Fresh Cooked Broccoli Fortune Cookie	6 Cheese Quesadilla 🌿 or Carnitas Quesadilla 🐷 Pinto Beans
9 Boneless Wings Mashed Potatoes Gravy Dinner Roll	10 Spaghetti & Meat Sauce or Spaghetti & Marinara 🌿 Green Beans Garlic Breadstick	11 Chicken, Beef or Veggie 🌿 Burrito Bowl Cilantro Lime Rice Black Beans	12 Orange Chicken or Spicy Thai Chicken★ Rice or Lo Mein Fresh Cooked Broccoli Fortune Cookie	13 NEW! Nachos with Toppings Pinto Beans
16 NO SCHOOL	17 NEW! ★ Grilled Cheese 🌿 or Grilled Turkey-Ham & Cheese Sandwich Tomato Soup	18 Chicken, Beef or Veggie 🌿 Burrito Bowl Cilantro Lime Rice Black Beans	19 Sriracha Honey Chicken★ or Teriyaki Chicken Rice or Lo Mein Fresh Cooked Broccoli Fortune Cookie	20 Cheese Quesadilla 🌿 or Carnitas Quesadilla 🐷 Mixed Veggies
23 Boneless Wings Mashed Potatoes Gravy Dinner Roll	24 Chicken Alfredo or Pasta Alfredo 🌿 Green Beans Garlic Breadstick	25 Chicken, Beef or Veggie 🌿 Burrito Bowl Cilantro Lime Rice Black Beans	26 Orange Chicken or Spicy Thai Chicken★ Rice or Lo Mein Fresh Cooked Broccoli Fortune Cookie	27 100% All Beef Burger or Cheeseburger French Fries
30 Boneless Wings Mashed Potatoes Gravy Dinner Roll	31 Baked Pasta 🌿 Green Beans Garlic Breadstick	 <p>MILK may be temporarily unavailable at your school due to a packaging supply shortage. Alternative drinks will be offered for breakfast & lunch.</p>		



Menu is subject to change.

UPDATED OCTOBER 13 2023

This institution is an equal opportunity provider.

Menus including A La Carte Menu available online at RedAppleDining.com