

LAINSBURG MIDDLE SCHOOL ~ OCTOBER 2016 ~ LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 *POPCORN CHICKEN WITH ROLL *FLATBREAD PIZZA CALIFLOWER RASBERRY APPLESAUCE KETCHUP HONEY MUSTARD BBQ SAUCE	4 *CHEESEBURGER ON A W/W BUN * SPICY CHICKEN PATTY ON A W/W BUN FRENCH FRIES TROPICAL FRUIT MIX KETCHUP MUSTARD	5 *SOFT TACO W / BEEF, LETTUCE & CHEESE ON A W/W TORTILLA *CHICKEN QUESADILLA REFRIED BEANS WITH CHIPS PINEAPPLE TIDBITS SOUR CREAM SALSA	6 *MACAROIN & CHEESE W / ROLL *CORN DOG GREEN BEANS FRESH FRUIT KETCHUP MUSTARD	7 *PIZZA ROUND *TURKEY & CHEESE SUB W / LETTUCE & TOMATOES CARROTS W / RANCH DIP MANDARIN ORANGES
10 *CHICKEN PATTY *BBQ RIBLETS MASHED POTATOES W / GRAVY SCOOPY SNACKS JUICE	11 *SPAGHETTI W / MEAT SAUCE ROLL *SAUSAGE PIZZA ROMAINE SALAD W / CHERRY TOMATOES APPLESAUCE	12 ½ DAY NO LUNCH SERVED	13 *MOZZARELLA STICKS W /MARINARA SAUCE *FISH SANDWICH ON A W/W BUN TARTER SAUCE GREEN BEANS TROPICAL FRUIT MIX	14 PCHEESE PIZZA *CHICKEN CHILI W / CHEESE & CRACKERS CARROTS FRESH FRUIT
17 *GRILLED CHICKEN SANWICH W / LETTUCE & TOMATOES *BAKED POTATO W / HAM & CHEESE & SOUR CREAM BROCCOLI DICED PEARS	18 *MINI CORN DOGS *TURKEY BURGER W / CHEESE ON A W/W BUN *CELERY STICKS W / RANCH DIP APPLESAUCE KETCHUP MUSTARD	19 *WALKING TACOS W / MEAT, CHEESE, & LETTUCE *FIESTA PIZZA PINTO BEANS JUICE SOUR CREAM & SALSA	20 *PIG-N-BLANKET *HAM & CHEESE SUB W / LETTUCE & TOMATO SWEET POTATO FRIES DICED PEACHES KETCHUP MUSTARD	21 *PEPPRONI PIZZA *RIB-B-QUE ON A W/W BUN CORN FRESH FRUIT
24 *CHICKEN NUGGETS *FLATBREAD PIZZA ROMAINE LETTUCE SALAD W / SHEDDED CARROTS JUICE HONEY MUSTARD, KETCHUP, OR BBQ SAUCE	25 *BBQ PORK SANDWICH ON A W/W BUN *SAUSAGE PIZZA BAKED BEANS DICED PEARS	26 *NACHOS DELUXE W / BEEF, BEANS, & CHEESE SAUCE *CHEESE QUESADILLA PEAS RASBERRY APPLESAUCE	27 *FISH NUGGETS W / COLESLAW & TARTER SAUCE *CHICKEN PARMESAN W / PASTA CARROTS FRESH FRUIT	28 ½ DAY NO LUNCH SERVED
31 *CHICKEN PATTY ON A W/W BUN *MOZZARELLA STICKS W /MARINARA SAUCE PINEAPPLE TIDBITS			The USDA is an equal opportunity provider and employer. Middle School breakfast available daily by contacting building principal.	Milk is offered with every lunch meal & all milk is 1% white or fat free chocolate. W/G= Whole Grain & W/W = Whole Wheat

THE FOLLOWING ITEMS WILL BE AVAILABLE DAILY A LA CARTE:

COLD SUBS

HOT PIZZA SUBS

ON M-W-F THE SALAD BAR WILL HAVE TURKEY MEAT.

ON T & TH THE SALAD BAR WILL HAVE TACO MEAT.

ADD FRUIT AND MILK TO ANY OF THE ABOVE AND IT COUNTS AS A FULL LUNCH.

