



2023 - 2024

Middle School Lunch

Oct - FTS Month

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Week A 2</b></p> <p><b>PG</b> - Ham/Cheeseburger  <b>PG</b> - Max Sticks w/Marinara Cup  <b>V</b> - Baked Fries  <b>V</b> - Baby Carrots w/Dip  <b>F</b> - Peach Cup  <b>P,V</b> - Salad: Vegetarian  <b>PG</b>- Yogurt Parfaits  <b>PG</b>- Munchable  <b>PG</b>- PBJ *If Available</p>	<p><b>Hispanic Hertiage Celebration 3</b></p> <p><b>PG</b> - Taco  <b>PG</b> - Tornado Ranchero  <b>V</b> - Cheesy Refried Beans  <b>V</b> - Letuce, Tomato, &amp; Cheese Cup  <b>F</b> - Plantains  <b>P,V</b> - Salad: Taco  <b>PG</b>- Muffin Plate  <b>PG</b>- Munchable  <b>PG</b>- PBJ *If Available  <b>PG</b>- Domino's Pizza  <b>Treat: Churro</b></p> 	<p><b>4</b></p> <p><b>PG</b> - Chicken Tenders w/Garlic Bread  <b>PG</b> - Fiestada  <b>V</b> - Honey Glazed Carrots  <b>V</b> - Cucumbers w/Dip  <b>F</b> - Pear Cup  <b>P,V</b> - Salad: Chicken Caesar  <b>PG</b>- Yogurt Parfaits  <b>PG</b>- Munchable  <b>PG</b>- PBJ *If Available</p>	<p><b>5</b></p> <p><b>PG</b> - Chicken Wings w/ Biscuit  <b>PG</b> - Lasagna  <b>V</b> - Steamed Broccoli  <b>V</b> - Mini Romaine Salad  <b>F</b> - Pineapple Cup  <b>P,V</b> - Salad: Cobb  <b>PG</b>- Muffin Plate  <b>PG</b>- Munchable  <b>PG</b>- PBJ *If Available  <b>PG</b>- Domino's Pizza</p>	<p><b>6</b></p> <p><b>PG</b> - Pizza Selection  <b>PG</b> - Boom Boom Chicken w/ Corn Bread  <b>V</b> - Corn  <b>V</b> - Baby Carrots w/Dip  <b>F</b> - Fresh Sliced Apples  <b>F</b> - Florida Satsumas  <b>P,V</b> - Salad: Chicken Caesar  <b>PG</b>- Yogurt Parfaits  <b>PG</b>- Munchable  <b>PG</b>- PBJ *If Available</p>
<p>Must offer both hamburgers and cheeseburgers</p> <p><b>NSLW Week B 9</b></p> <p><b>PG</b> - Orange Chicken w/ Rice  <b>PG</b> - Pot Stickers  <b>V</b> - Sweet and Spicy Green Beans  <b>V</b> - Baby Carrots w/Dip  <b>F</b> - Peach Cup  <b>P,V</b> - Salad: Vegetarian  <b>PG</b>- Yogurt Parfaits  <b>PG</b>- Munchable  <b>PG</b>- PBJ *If Available</p>	<p>Must offer sour cream and salsa</p> <p><b>NSLW 10</b></p> <p><b>PG</b> - Baked Ziti  <b>PG</b> - Chicken Sandwich  <b>V</b> - Honey Glazed Carrots  <b>V</b> - Cucumbers w/Dip  <b>F</b> - Pear Cup  <b>P,V</b> - Salad: Chef  <b>PG</b>- Muffin Plate  <b>PG</b>- Munchable  <b>PG</b>- PBJ *If Available  <b>PG</b>- Domino's Pizza</p>	<p><b>NSLW 11</b></p> <p><b>PG</b> - Chicken Dippers w/Biscuit  <b>PG</b> - BBQ Pork Sandwich  <b>V</b> - Baked Beans  <b>V</b> - Broccoli w/Cheese  <b>F</b> - Rosy Applesauce  <b>P,V</b> - Salad: Chicken Caesar  <b>PG</b>- Yogurt Parfaits  <b>PG</b>- Munchable  <b>PG</b>- PBJ *If Available</p>	<p><b>NSLW Celebration 12</b></p> <p><b>PG</b> - "High Score" Hamburgers  <b>PG</b> - "You Win" Wings W/ "Bonus" Biscuit  <b>V</b> - "Level Up" Fries  <b>V</b> - "Skill Point" Salad (Mini Romaine)  <b>F</b> - "Let's Play" Pineapple Sticks  <b>P,V</b> - Salad: Cobb  <b>PG</b>- Muffin Plate  <b>PG</b>- Munchable  <b>PG</b>- PBJ *If Available  <b>PG</b>- Domino's Pizza  <b>Treat: "Game On" Ice Cream Sandwich</b></p> 	<p>At Least 2 types of pizza</p> <p><b>13</b></p> <p><b>No School Record Day</b></p> <p><b>FNS All Staff Inservice</b></p>
<p>Rice = 1/2 Cup</p> <p><b>Week C 16</b></p> <p><b>PG</b> - Cajun Chicken Penne  <b>PG</b> - Tornado Ranchero  <b>V</b> - Steamed Broccoli  <b>V</b> - Cherry Tomatoes w/Dip  <b>F</b> - Applesauce Cup  <b>P,V</b> - Salad: Vegetarian  <b>PG</b>- Yogurt Parfaits  <b>PG</b>- Munchable  <b>PG</b>- PBJ *If Available</p>	<p><b>17</b></p> <p><b>PG</b> - Beef and Cheese Nachos w/Salsa Cup  <b>PG</b> - Fiestada  <b>V</b> - Cheesy Refried Beans  <b>V</b> - Letuce, Tomato, &amp; Cheese Cup  <b>F</b> - Pineapple Cup  <b>P,V</b> - Salad: Taco  <b>PG</b>- Muffin Plate  <b>PG</b>- Munchable  <b>PG</b>- PBJ *If Available  <b>PG</b>- Domino's Pizza</p>	<p><b>18</b></p> <p><b>PG</b> - Chicken Tenders w/Breadstick  <b>PG</b> - Mac &amp; Cheese  <b>V</b> - Steamed Carrots  <b>V</b> - Cucumbers w/Dip  <b>F</b> - Strawberry Cup  <b>P,V</b> - Salad: Chicken Caesar  <b>PG</b>- Yogurt Parfaits  <b>PG</b>- Munchable  <b>PG</b>- PBJ *If Available</p>	<p><b>19</b></p> <p><b>PG</b> - Southern Chicken w/Breadstick  <b>PG</b> - Corn Dog  <b>V</b> - Mashed Potatoes  <b>V</b> - Mini Romaine Salad  <b>F</b> - Peach Cup  <b>P,V</b> - Salad: Cobb  <b>PG</b>- Muffin Plate  <b>PG</b>- Munchable  <b>PG</b>- PBJ *If Available  <b>PG</b>- Domino's Pizza</p>	<p><b>20</b></p> <p><b>PG</b> - Pizza Selection  <b>PG</b> - Spicy Nashville Chicken w/Waffle  <b>V</b> - Corn  <b>V</b> - Baby Carrots w/Dip  <b>F</b> - Fresh Sliced Apples  <b>F</b> - Florida Grapefruit  <b>P,V</b> - Salad: Chicken Caesar  <b>PG</b>- Yogurt Parfaits  <b>PG</b>- Munchable  <b>PG</b>- PBJ *If Available</p>
<p><b>Week D 23</b></p> <p><b>PG</b> - General Tso's w/Rice  <b>P,G</b> - Garlic Cheese Bread w/Marinara Cup  <b>V</b> - Asian Style Broccoli  <b>V</b> - Baby Carrots w/Dip  <b>F</b> - Mixed Fruit Cup  <b>P,V</b> - Salad: Vegetarian  <b>PG</b>- Yogurt Parfaits  <b>PG</b>- Munchable  <b>PG</b>- PBJ *If Available</p>	<p>Bulk chips, Cheese sauce</p> <p><b>24</b></p> <p><b>P</b> - Dill Chicken Bites w/Breastick  <b>PG</b> - BBQ Pork Sandwich  <b>V</b> - Baked Beans  <b>V</b> - Cherry Tomatoes w/Dip  <b>F</b> - Peach Cup  <b>P,V</b> - Salad: Chef  <b>PG</b>- Muffin Plate  <b>PG</b>- Munchable  <b>PG</b>- PBJ *If Available  <b>PG</b>- Domino's Pizza</p>	<p><b>25</b></p> <p><b>PG</b> - Mozzarella Sticks w/Marinara  <b>PG</b> - Meatball Sub  <b>V</b> - Seasoned Green Beans  <b>V</b> - Baby Carrots w/Dip  <b>F</b> - Rosy Applesauce  <b>P,V</b> - Salad: Chicken Caesar  <b>PG</b>- Yogurt Parfaits  <b>PG</b>- Munchable  <b>PG</b>- PBJ *If Available</p>	<p>Must offer both hamburgers and cheeseburgers</p> <p><b>26</b></p> <p><b>PG</b> - Popcorn Chicken Bowl w/ Biscuit  <b>PG</b> - Stromboli  <b>V</b> - Mashed Potatoes and Corn  <b>F</b> - Mandarin Orange Cup  <b>P,V</b> - Salad: Chef  <b>PG</b>- Muffin Plate  <b>PG</b>- Munchable  <b>PG</b>- PBJ *If Available  <b>PG</b>- Domino's Pizza</p>	<p>At Least 2 types of pizza</p> <p><b>27</b></p> <p><b>PG</b> - Pizza Selection  <b>PG</b> Wing Zing w/ Dinner Roll  <b>V</b> - Corn  <b>V</b> - Florida Cucumbers w/Dip  <b>F</b> - Tain Watermelon  <b>P,V</b> - Salad: Chicken Caesar  <b>PG</b>- Yogurt Parfaits  <b>PG</b>- Munchable  <b>PG</b>- PBJ *If Available</p>
<p>Rice = 1/2 Cup</p>				<p>At Least 2 types of pizza</p>

Week A 30	Spooky Treat 31	Early Release 1	2	3
<b>PG</b> - Ham/Cheeseburger <b>PG</b> - Max Sticks w/Marinara Cup <b>V</b> - Baked Fries <b>V</b> - Baby Carrots w/Dip <b>F</b> - Peach Cup <b>P,V</b> - Salad: Vegetarian <b>PG</b> - Yogurt Parfaits <b>PG</b> - Munchable <b>PG</b> - PBJ *If Available	<b>PG</b> - Taco <b>PG</b> - Fiestada <b>V</b> - Cheesy Refried Beans <b>V</b> - Letuce, Tomato, & Cheese Cup <b>F</b> - Strawberry Cup <b>P,V</b> - Salad: Taco <b>PG</b> - Muffin Plate <b>PG</b> - Munchable <b>PG</b> - PBJ *If Available <b>PG</b> - Domino's Pizza Treat: Pumpkin Cookie	<b>PG</b> - Chicken Tenders w/Garlic Bread <b>PG</b> - Tornado Ranchero <b>V</b> - Honey Glazed Carrots <b>V</b> - Cucumbers w/Dip <b>F</b> - Pear Cup <b>P,V</b> - Salad: Chicken Caesar <b>PG</b> - Yogurt Parfaits <b>PG</b> - Munchable <b>PG</b> - PBJ *If Available	<b>PG</b> - Chicken Wings w/ Biscuit <b>PG</b> - Mac and Cheese <b>V</b> - Steamed Broccoli <b>V</b> - Mini Romaine Salad <b>F</b> - Pineapple Cup <b>P,V</b> - Salad: Cobb <b>PG</b> - Muffin Plate <b>PG</b> - Yogurt Parfaits <b>PG</b> - Munchable <b>PG</b> - PBJ *If Available <b>PG</b> - Domino's Pizza	<b>PG</b> - Pizza Selection <b>PG</b> - Boom Boom Chicken w/ Corn Bread <b>V</b> - Corn <b>V</b> - Baby Carrots w/Dip <b>F</b> - Fresh Sliced Apples <b>F</b> - Florida Oranges with Grapes <b>P,V</b> - Salad: Chicken Caesar <b>PG</b> - Munchable <b>PG</b> - Munchable <b>PG</b> - PBJ *If Available
Must offer both hamburgers and cheeseburgers	Must offer sour cream and salsa			At Least 2 types of pizza

P= Protein; G=Grain; F=Fruit; V=Vegetables; FTS = Farm to School Item; HOM = Harvest of the Month; Underline: Item is different than original cycle menu

**For the above menu:**

- The above menu must be followed. All menu items must be available to every student.
- All menued fruits and vegetables must be offered to every student in every line.
- All substitutions and main entrée additions must be approved prior to service.
- Recipes or single item spreadsheet must be followed

**Must offer the additional daily:**

- **Milk** : Skim and/or 1% White AND Skim Chocolate
- **100% Juice**: Must offer at least 2 choices each day on each line.
- **Flatbread - for salads**
- **Fresh Seasonal Fruit**: Must offer AT LEAST 3 Types; At least 1 from Group 1 and At least 2 from Group 2

Group 1	Group 2
Apple	Grapes
Oranges	Melon
Bananas	Pineapple
Pears	Berries
Peaches	
Plums	

**May also offer daily:**

- **Additional salads**: See Daily Offering Menu List.
- **Additional sandwiches (Hot and Cold)**: See Daily Offering Menu List.
- **Additional entrée items (Need to include a protein and grain if a grain is not menued seperately for the day)**
- **Additional cold entrees**: Different munchables, protein boxes, bento boxes etc. See Daily Offering Menu List.

This institution is an equal opportunity provider.