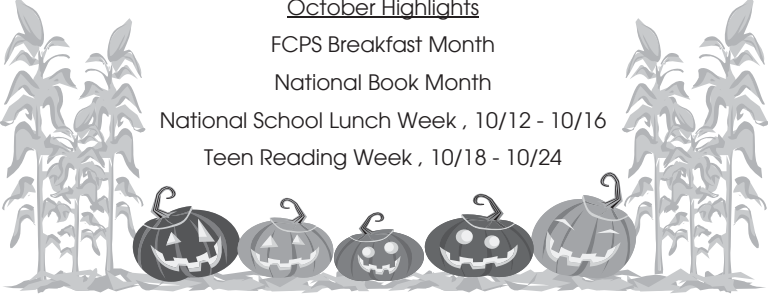









MIDDLE SCHOOL LUNCH MENU
OCTOBER 2009



Double Deal: Any Second Entrée \$1.75

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><u>October Highlights</u> FCPS Breakfast Month National Book Month National School Lunch Week , 10/12 - 10/16 Teen Reading Week , 10/18 - 10/24</p>			<p>1 Soft Taco w/Shredded Cheese Chicken Fillet on Wheat Bun Hummus Biteable Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Corn on the Cob Lettuce & Tomato Tropical Fruit Salad Fruit Crisp</p>	<p>2 Spicy Chicken on Wheat Bun Fish Fillet on Wheat Bun Hummus Biteable Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Seasoned Potato Wedges Green Beans Celery & Baby Carrots w/Dip Chilled Pears w/Cherry Garnish Natural Frozen Fruit Bar</p>
<p>5 Macaroni & Cheese w/Muffin Turkey Corn Dog Bites w/ Muffin Hummus Biteable Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Vegetarian Baked Beans Applesauce Orange Quarters Raisins</p>	<p>6 Chicken Tenders w/Southwestern Rice Cheese Quesadilla Hummus Biteable Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Golden Corn Broccoli & Carrot Slims w/Dip Chilled Pineapple Cantaloupe</p>	<p>7 Hamburger on Wheat Bun Cheeseburger on Wheat Bun Veggie Burger on Wheat Bun with or without Cheese Hummus Biteable Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Potato Rounds Lettuce, Tomato, Pickle Chilled Pears w/Cherry Garnish Banana</p>	<p>8 Spaghetti w/Loco Bread w/Meat Sauce or Marinara Sauce Steak & Cheese Sub Hummus Biteable Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Green Peas Tossed Salad Fresh Apple Fruit Crisp</p>	<p>9 Spicy Chicken on Wheat Bun Fish Fillet on Wheat Bun Hummus Biteable Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Seasoned Potato Wedges Mixed Vegetables Cucumber & Carrot Slims w/Dip Chilled Peaches Fruit Sherbet</p>
<p>12 Columbus Day Holiday</p> 	<p>13 Chicken Tenders w/Muffin Hot Ham & Cheese on Whole Wheat Croissant  Hummus Biteable Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Whipped Potatoes w/ Gravy Carrot Slims w/ Dip Chilled Pineapple Raisins</p> <p><u>NO SALADS AVAILABLE</u></p>	<p>14 Steak & Cheese Sub Turkey Hot Dog on Wheat Bun Hummus Biteable Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Potato Rounds Tossed Salad w/Cherry Tomato Orange Juice Banana Applesauce</p>	<p>15 Soft Taco w/Shredded Cheese Chicken Fillet on Wheat Bun Hummus Biteable Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Refried Beans Lettuce & Tomato Tropical Fruit Salad Fruit Crisp</p>	<p>16 Spicy Chicken on Wheat Bun Fish Fillet on Wheat Bun Hummus Biteable Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Seasoned Potato Wedges Green Beans Celery & Baby Carrots w/Dip Chilled Pears w/Cherry Garnish Natural Frozen Fruit Bar</p>
<p>19 Macaroni & Cheese w/Muffin Turkey Corn Dog Bites w/ Muffin Hummus Biteable Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Vegetarian Baked Beans Applesauce Orange Quarters Raisins</p>	<p>20 Chicken Tenders w/Brown Rice Cheese Quesadilla Hummus Biteable Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Golden Corn Broccoli & Carrot Slims w/Dip Chilled Pineapple Cantaloupe</p>	<p>21 Hamburger on Wheat Bun Cheeseburger on Wheat Bun Veggie Burger on Wheat Bun with or without Cheese Hummus Biteable Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Potato Rounds Lettuce, Tomato, Pickle Chilled Pears w/Cherry Garnish Banana</p>	<p>22 Spaghetti w/Loco Bread w/Meat Sauce or Marinara Sauce Hummus Biteable Steak & Cheese Sub Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Green Peas Tossed Salad Fresh Apple Fruit Crisp</p>	<p>23 Spicy Chicken on Wheat Bun Fish Fillet on Wheat Bun Hummus Biteable Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Seasoned Potato Wedges Mixed Vegetables Cucumber & Carrot Slims w/Dip Chilled Peaches Fruit Sherbet</p>
<p>26 Cheese Sticks w/ Marinara Sauce Barbecue Rib on Wheat Bun  Hummus Biteable Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Campbell's Minestrone Soup Orange Quarters & Kiwi Chilled Pineapple Raisins</p>	<p>27 Chicken Tenders w/Muffin Hot Ham & Cheese on  Whole Wheat Croissant Hummus Biteable Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Whipped Potatoes w/ Gravy Carrot Slims & Jicama w/ Dip Chilled Peaches Honeydew</p>	<p>28 Steak & Cheese Sub Turkey Hot Dog on Wheat Bun Hummus Biteable Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Potato Rounds Tossed Salad w/Cherry Tomato Orange Juice Banana Applesauce</p>	<p>29 Soft Taco w/Shredded Cheese Chicken Fillet on Wheat Bun Hummus Biteable Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Corn on the Cob Lettuce & Tomato Tropical Fruit Salad Fruit Crisp</p>	<p>30 HAPPY HALLOWEEN!  Spicy Chicken on Wheat Bun Fish Fillet on Wheat Bun Hummus Biteable Peanut Butter & Jelly Sandwich Yogurt Biteable</p> <p>CHOICE OF TWO Seasoned Potato Wedges Green Beans Celery & Carrot Slims w/Dip Chilled Pears w/Cherry Garnish Jack-O-Lantern Orange-Lime Frozen Fruit Juice Cup</p>
<p>ENERGY ZONE SALAD PATCH Southwestern Salad w/Pretzel Chef's Salad w/Cheese & Pretzel</p>	<p>ENERGY ZONE SALAD PATCH Taco Salad w/Chili w/ Tortilla Chips or Pretzel</p>	<p>ENERGY ZONE SALAD PATCH Caesar Chicken Salad w/Pretzel Fruit Salad w/ Yogurt & Pretzel & Sunbutter</p>	<p>ENERGY ZONE SALAD PATCH Oriental Chicken Salad w/Pretzel Chef's Salad w/Cheese & Pretzel</p>	<p>ENERGY ZONE SALAD PATCH Fruit Salad w/Yogurt & Pretzel & String Cheese</p>
<p>PIZZA LINE Stuffed Crust Pizza Cheese or Pepperoni</p>	<p>PIZZA LINE Pan Pizza Cheese or Pepperoni</p>	<p>PIZZA LINE Big Daddy Pizza Cheese or Pepperoni</p>	<p>PIZZA LINE Cheesy Garlic French Bread Pizza</p>	<p>PIZZA LINE Stuffed Crust Pizza Cheese or Pepperoni</p>