



October 2020

Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 A: Boneless Wings with a Fresh Baked Roll B: Cheese Pizza* Peaches, Baked Fries, Baby Carrots, Choice of Milk	2 A: Boneless Wings with a Fresh Baked Roll B: Cheese Pizza* Peaches, Baked Fries, Baby Carrots, Choice of Milk
5 Meal Kit Monday (See Separate Menu)	6 A: Chicken Patty Sandwich B: Cheese Pizza* Applesauce, Green Beans, Baby Carrots, Choice of Milk	7 A: Chicken Patty Sandwich B: Cheese Pizza* Applesauce, Green Beans, Baby Carrots, Choice of Milk	8 A: Cheeseburger B: Cheese Pizza* Peaches, Baked Fries, Baby Carrots, Choice of Milk	9 A: Cheeseburger B: Cheese Pizza* Peaches, Baked Fries, Baby Carrots, Choice of Milk
12 Meal Kit Monday (See Separate Menu)	13 A: Pretzel Melt with Ham and Cheese B: Cheese Pizza* Pears, Baked Beans, Baby Carrots, Choice of Milk	14 A: Pretzel Melt with Ham and Cheese B: Cheese Pizza* Pears, Baked Beans, Baby Carrots, Choice of Milk	15 A: BBQ Pulled Pork Sandwich B: Stuffed Breadstick Trio with Marinara Sauce* Mixed Fruit, Smile Fries, Baby Carrots, Choice of Milk	16 A: BBQ Pulled Pork Sandwich B: Stuffed Breadstick Trio with Marinara Sauce* Mixed Fruit, Smile Fries, Baby Carrots, Choice of Milk
19 Meal Kit Monday (See Separate Menu)	20 A: Nachos with Chicken and Cheese B: Cheese Pizza* Applesauce, Green Beans, Baby Carrots, Choice of Milk	21 A: Nachos with Chicken and Cheese B: Cheese Pizza* Applesauce, Green Beans, Baby Carrots, Choice of Milk	22 A: French Toast Sticks with Eggs and Syrup* B: Cheese Pizza* Peaches, Baked Fries, Baby Carrots, Choice of Milk	23 A: French Toast Sticks with Eggs and Syrup* B: Cheese Pizza* Peaches, Baked Fries, Baby Carrots, Choice of Milk
26 Meal Kit Monday (See Separate Menu)	27 A: Mac and Cheese Bowl with Chicken Nuggets B: Cheese Pizza* Pears, Baked Beans, Baby Carrots, Choice of Milk	28 A: Mac and Cheese Bowl with Chicken Nuggets B: Cheese Pizza* Pears, Baked Beans, Baby Carrots, Choice of Milk	29 A: Chicken Patty Sandwich B: Stuffed Breadstick Trio with Marinara Sauce* Mixed Fruit, Smile Fries, Baby Carrots, Choice of Milk	30 A: Chicken Patty Sandwich B: Stuffed Breadstick Trio with Marinara Sauce* Mixed Fruit, Smile Fries, Baby Carrots, Choice of Milk

Grab & Go Entrees:

Triple Decker Peanut Butter and Jelly

Chicken Caesar Salad with Roll

Tuna Wrap (Available the weeks of 10/5 and 10/19)

Chicken Salad Wrap (Available the weeks of 10/12 and 10/26)

Daily Choices

Milk: Skim Chocolate, 1% White

* = Lacto-Ovo Vegetarian entree, may contain milk and eggs

Meal Kit Mondays

Stop by one of the schools listed below between 10:00am and 11:30am to pick up a kit containing breakfast and lunch meals for 3 days: Donegan, Fountain Hill, Marvine, Broughal, Northeast. Meals will be charged to student accounts. See Monday Meal Distribution menu.

Meals are free for all students!

Five food groups are offered at lunch: protein, grain, vegetable, fruit and milk. To make a meal, students must select foods from at least 3 different food groups. At least one item must be a ½ cup fruit or ½ cup vegetable. Meals without a fruit or vegetable will be charged a la carte pricing.

For more information, visit us online at:

<https://www.basdschools.org/dining>