



October 2024 Middle School Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2024-25 Lunch Prices: Students: FREE for ALL Adults: \$4.50 Milk (alone): \$0.50</p> <p>OFFERED DAILY: Low-fat or fat-free milk fresh fruit Sunbutter and Jelly Sandwich</p> <p><i>HS Build Your Own (BYO) Bar changes weekly.</i></p>	<p>October 1</p> <p><i>Choice of:</i> Sesame noodles w/ edamame 🌱</p> <p>Chicken & Veggie dumplings 🍲</p> <p><i>Good Food To Go:</i> Chicken Caesar Salad</p> <p>Fresh Broccoli w/dip Chili Roasted Sw Potatoes ♥</p>	<p>October 2</p> <p><i>Choice of:</i> Chicken Filet Sandwich w/sauce</p> <p>Veggie Nuggets and Roll 🌱</p> <p><i>Good Food To Go:</i> Chicken Caesar Salad</p> <p>Oven Potatoes Sassy Slaw</p>	<p>October 3</p> <p><i>Choice of:</i> Curry Beans & Vegetables w/Rice 🌱</p> <p>Tuscan Chicken w/ Rice 🍲</p> <p><i>Good Food To Go:</i> Chicken Caesar Salad</p> <p>Zesty sweet potato fries Three Bean Salad</p>	<p>October 4</p> <p><i>Choice of:</i> Classic Cheese Pizza 🍕</p> <p>BBQ Chicken Pizza</p> <p>Tossed Chef Side Salad Tomato Cucumber Cup</p>
<p>October 7</p> <p><i>Choice of:</i> Chicken Filet Sandwich w/ sauce</p> <p>Toasted Cheddar Cheese Sandwich 🌱</p> <p>Tomato Soup Corn Salad</p>	<p>October 8</p> <p><i>Choice of:</i> Garden Nachos 🌱</p> <p>Chicken Nachos</p> <p><i>Good Food To Go:</i> Italian Hoagie</p> <p>Tomatoes, Lettuce, Tomato Salsa, Guacamole</p>	<p>October 9</p> <p><i>Choice of:</i> Deluxe Burger</p> <p>Veggie Burger 🌱</p> <p><i>Good Food To Go:</i> Italian Hoagie</p> <p>Fresh Broccoli w/dip Oven Sweet Potatoes</p>	<p>October 10</p> <p><i>Choice of:</i> Local Eastern NC Pork BBQ w/Roll ♥</p> <p>Southwest Pasta Salad 🌱</p> <p><i>Good Food To Go:</i> Italian Hoagie</p> <p>Baked Beans Collard Greens ♥</p>	<p>October 11</p> <p><i>Choice of:</i> Classic Cheese Pizza 🍕 Loaded Up Pizza</p> <p>Caesar Side Salad Baby Carrots</p> <p>Fresh Fruit</p>
<p>October 14</p> <p><i>Choice of:</i> Vegetable Soft Corn Tacos 🌱</p> <p>Chicken Filet Sandwich w/sauce</p> <p>Cucumber Slices Oven Potatoes ♥</p>	<p>October 15</p> <p><i>Choice of:</i> Double Cheese Quesadilla 🌱</p> <p>Chicken & Cheese Quesadilla</p> <p><i>Good Food To Go:</i> Greek Chopped Salad</p> <p>Sassy Tomato Salsa Mexicali Corn</p>	<p>October 16</p> <p><i>Choice of:</i> Chicken Chunks & Soft Roll 🍲</p> <p>Veggie Nuggets & Soft Roll 🌱</p> <p><i>Good Food To Go:</i> Greek Chopped Salad</p> <p>Zesty Sweet Potato Fries Three Bean Salad</p>	<p>October 17</p> <p><i>Choice of:</i> Asian-Style Beef & Rice Bowl 🍲</p> <p>Sesame Noodles</p> <p><i>Good Food To Go:</i> Greek Chopped Salad</p> <p>Fresh Broccoli w/dip Chili Roasted Sw. Potatoes ♥</p>	<p>October 18</p> <p><i>Choice of:</i> Veggie Lovers Pizza</p> <p>Classic Cheese Pizza 🍕</p> <p>Tossed Chef Side Salad Fresh Veggies w/Dip</p>
<p>🎉🎉🎉 Celebrate National School Lunch Week! October 14th - 18th 🎉🎉🎉</p>				
<p>October 21</p> <p><i>Choice of:</i> Vegetable Fried Rice 🌱</p> <p>Chicken & Vegetable Dumplings 🍲</p> <p>Fresh Broccoli w/dip Asian Veggie Blend</p>	<p>October 22</p> <p><i>Choice of:</i> Bean & Cheese Taquitos 🌱</p> <p>Meatball Sub</p> <p><i>Good Food To Go:</i> Chipotle Chicken Wrap</p> <p>Cherry Tomatoes ♥ Fiesta Black Beans</p>	<p>October 23</p> <p><i>Choice of:</i> Chicken Filet Sandwich w/ sauce</p> <p>Tofu Bahn Mi Sandwich 🌱</p> <p><i>Good Food To Go:</i> Chipotle Chicken Wrap</p> <p>Baby Carrots w/dip Summer Corn Salad</p>	<p>October 24</p> <p><i>Choice of:</i> Chana Masala w/Rice 🌱</p> <p>Chicken Terriyaki w/Rice 🍲</p> <p><i>Good Food To Go:</i> Chipotle Chicken Wrap Bowl</p> <p>Cucumber Salad ♥ Mixed Vegetables</p>	<p>October 25</p> <p><i>Choice of:</i> Classic Cheese Pizza 🍕</p> <p>BBQ Chicken Pizza</p> <p>Caesar Side Salad Baby Carrots</p>
<p>October 28</p> <p><i>Choice of:</i> Nachos your way: Beef or Bean nachos 🌱</p> <p>Tomatoes, Lettuce, Salsa Fiesta Black Beans</p>	<p>October 29</p> <p><i>Choice of:</i> Jerk Chicken and Rice 🍲</p> <p>Caribbean Black Beans and Rice 🌱</p> <p><i>Good Food To Go:</i> Chicken Caesar Salad</p> <p>Stewed Collard Greens ♥ NC Sweet Potatoes ♥</p>	<p>October 30</p> <p><i>Choice of:</i> Deluxe Beef Burger</p> <p>Super Veggie Burger 🌱</p> <p><i>Good Food To Go:</i> Chicken Caesar Salad</p> <p>Everyone Loves Oven Potatoes Broccoli Salad</p>	<p>October 31</p> <p><i>Choice of:</i> Italian Sausage Pasta & Garlic Bread ♥</p> <p>Veggie Nuggets & Garlic Bread 🌱</p> <p><i>Good Food To Go:</i> Chicken Caesar Salad</p> <p>Sliced Cucumbers Mixed Vegetables</p>	<div style="border: 2px solid #4CAF50; border-radius: 25px; padding: 10px; text-align: center;"> <p>GOOD FOOD Guide</p> <p>♥ locally sourced</p> <p>🌱 vegetarian</p> <p>🍲 dairy free entrée</p> </div>