Junior High Lunch Menu
October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken & Mashed Potato Bowl with Roll Bacon Pizza Mashed Potatoes Broccoli Florets	**2** Bosco Sticks Pepperoni Pizza Roasted Zucchini Red Pepper Strips
Daily Offerings: Asian Chicken Salad with Dinner Roll | Turkey & Spinach Roll-up Craveable				
5 Chicken Nuggets with Roll Pepperoni Pizza Steamed Corn Cherry Tomatoes	**6** Stuffed Shells with Dinner Roll Pierogi Pizza Green Beans Cucumber Salad	**7** Cowboy Burger Ham & Pepperoni Stromboli French Fries Green Pepper Strips	**8** Toasted Cheese Sandwich Pepperoni Pizza Tomato Soup Pineapple Slaw	**9** NO SCHOOL
Daily Offerings: Crispy Chicken Salad with Dinner Roll | Roasted Red Pepper Hummus Craveable				
12 NO SCHOOL	**13** Chicken & Cheese Quesadilla Pepperoni Pizza Steamed Corn Salsa	**14** Asian Sesame Chicken over Rice Buffalo Chicken Stromboli Steamed Broccoli Asian Cucumbers	**15** Bacon, Egg & Cheese Croissant Sausage Pizza Tater Triangles Carrot Raisin Salad	**16** Hawaiian Pork Sandwich Pepperoni Pizza Steamed Garden peas Buffalo Ranch Chickpeas
Daily Offerings: Strawberry Spinach Salad with Dinner Roll | Nachos Craveable				
19 Nashville Hot Chicken Sandwich Pepperoni Pizza Zesty Country Green Beans Red Pepper Strips	**20** Beef Soft Tacos Buffalo Chicken Pizza Refried Beans Lettuce & Tomato	**21** Indian Butter Chicken over Brown Rice Pepperoni Pizza Bagel Glazed Carrots Broccoli Salad	**22** Philly Cheesesteak Taco Pizza Curly Fries Cole Slaw	**23** Buffalo Chicken Dip with Tortilla Chips Pepperoni Pizza Honey Cinnamon Sweet Potato Corn Salad
Daily Offerings: Turkey BLT Salad with Dinner Roll | Bagel & Yogurt Craveable				
26 Chicken & Waffles Pepperoni Pizza Crinkle Cut Fries Chickpea Salad	**27** Elote Corn Dog Meat Lovers Pizza Baked Beans Tomato Salad	**28** Macaroni & Cheese Cheesesteak Stromboli Steamed Broccoli Hummus Dip & Celery	**29** Ham & Cheese Pretzel Sandwich General Tso Pizza Mixed Veggies Green Pepper Strips	**30** Tajin Mojo Chicken with Rice Pepperoni Pizza Parmesan Green Beans Broccoli Florets
Daily Offerings: Chicken Caesar Salad | Walking Taco Craveable				

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

Lunch Prices

Student	$3.25
Adult	$4.85

Fruit & Veggie Selection

Daily Vegetable Choices May Include:
Spinach, Broccoli, Romaine Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans

Daily Fruit Choices May Include:
Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges
Students may choose two ½ cup servings.

Available Daily

Cheese Pizza
Hamburger
Chicken Patty
Spicy Chicken Patty

Milk Selection

1% White Milk & Fat-Free Chocolate Milk

Your Dining Services Team
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Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.