



Meyer Middle School October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
10/2	10/3	<b>NATIONAL TACO DAY</b>	10/5	10/6
Pancakes, Syrup & Scrambled Eggs  *BBQ Riblet on Whole Grain Bun  *Turkey Club Catalina Salad served with WG Croutons & Dinner Roll  Seasoned Sliced Carrots  Fresh Sugar Snap Peas  Chilled Pears  Fresh Local Apples	Chicken Parmesan & Seasoned Pasta  Hot Dog on Whole Grain Bun  Popcorn Chicken Salad served with WG Dinner Roll  Seasoned Green Beans  Fresh Baby Carrots  Chilled Mixed Fruit  Banana	Beef Tacos on WG Tortilla Shell served with Sour Cream & Salsa  Chicken Fajitas on WG Tortilla Shell  Chicken Caesar Salad served with WG Croutons & Dinner Roll  Refried Beans  Lettuce & Tomato Cup  Chilled Pineapple Tidbits  Lunch Bunch Grapes	Diced Chicken in Gravy served with Whole Grain Dinner Rolls  Fish Sticks & Whole Grain Dinner Roll  Ham & Turkey Chef Salad served with WG Croutons & Dinner Roll  Mashed Potatoes & Gravy  Red & Green Pepper Strips  Chilled Peaches  Fresh Local Apples	Macaroni & Cheese served with Whole Grain Dinner Roll  Turkey & Cheese on Whole Grain Bun  Breaded Chicken Caesar Salad served with WG Dinner Roll  Seasoned Broccoli Buds  Fresh Baby Carrots  Chilled Applesauce  Fresh Orange Wedges
NO SCHOOL	10/10	10/11	10/12	10/13
	Cheeseburger on Whole Grain Bun  Tater Tot Casserole served with Whole Grain Bread Slices  Popcorn Chicken Salad served with WG Dinner Roll  Oven Baked Beans Confetti Coleslaw Chilled Mixed Fruit Banana	Meatballs in Zesty Marinara Sauce served with WG Pasta & Bread Stick  Fish Sandwich on Whole Grain Bun  Chicken Caesar Salad served with WG Croutons & Dinner Roll  Seasoned Corn Fresh Baby Carrots Chilled Pineapple Tidbits Fresh Orange Wedges	Oven Baked Mini Corn Dogs  Italian Meatball Sub on Whole Grain Bun  Ham & Turkey Chef Salad served with WG Croutons & Dinner Roll  Oven Baked French Fries Caesar Romaine Side Salad Chilled Peaches Fresh Local Apples	*Homemade Pepperoni or Cheese Pizza on WG Crust  Teriyaki Glazed Chicken served with Brown Rice  Breaded Chicken Caesar Salad served with WG Dinner Roll  Seasoned Sliced Carrots Fresh Broccoli Buds Rosy Applesauce Fresh Orange Wedges
10/16	10/17	10/18	10/19	10/20
Breaded Chicken Patty on Whole Grain Bun  Herbed Beef A Roni served with Whole Grain Dinner Roll *Turkey Club Catalina Salad served with WG Croutons & Dinner Roll  Oven Baked Tater Tots Fresh Cucumber Slices Chilled Pears Fresh Local Apples	French Toast Sticks, Syrup & Scrambled Eggs  Chicken Salad on Whole Grain Bun  Popcorn Chicken Salad served with WG Dinner Roll  Seasoned Corn Fresh Baby Carrots Chilled Mixed Fruit Banana	Chicken Alfredo Pasta & Whole Grain Dinner Roll  *BBQ Riblet on Whole Grain Bun  Chicken Caesar Salad served with WG Croutons & Dinner Roll  Broccoli & Cheese Sauce Fresh Cauliflower Buds Chilled Pineapple Tidbits Lunch Bunch Grapes	Beef Nachos with Cheese Sauce & Brown Rice  Cheese Quesadilla  Ham & Turkey Chef Salad served with WG Croutons & Dinner Roll  Refried Beans Lettuce & Tomato Cups Chilled Peaches Fresh Local Apples	Toasted Cheese Sandwich on Whole Grain Bread  Sloppy Joe on a Whole Grain Bun  Breaded Chicken Caesar Salad served with WG Dinner Roll  Tomato Soup Fresh baby Carrots Chilled Applesauce Fresh Orange Wedges
10/23	10/24	10/25	10/26	10/27
Cheeseburger on Whole Grain Bun  Sweet & Sour Chicken served with Brown Rice  *Turkey Club Catalina Salad served with WG Croutons & Dinner Roll  Oven Baked French Fries Fresh Cucumber Slices Chilled Pears Fresh Local Apples	Pizza Dippers served with Marinara Sauce  Swedish Meatballs served over Whole Grain Pasta & Dinner Roll  Popcorn Chicken Salad served with WG Dinner Roll  Oven Baked Beans Fresh Baby Carrots Chilled Mixed Fruit Banana	Chicken Nuggets served with Whole Grain Dinner Roll  *BLT Burger on Whole Grain Bun  Chicken Caesar Salad served with WG Croutons & Dinner Roll  Mashed Potatoes & Gravy Fresh Broccoli Buds Chilled Pineapple Tidbits Fresh Orange Wedges	Oven Baked Corn Dog  Italian Baked Pasta served with Whole Grain Dinner Roll  Ham & Turkey Chef Salad served with WG Croutons & Dinner Roll  Oven Baked Tater Tots Fresh Baby Carrots Chilled Peaches Fresh Local Apples	*Homemade Sausage or Cheese Pizza on WG Crust  *Hot Ham & Cheese on Whole Grain Bun  Breaded Chicken Caesar Salad served with WG Dinner Roll  Seasoned Corn Caesar Romaine Side Salad Rosy Applesauce Fresh Orange Wedges
10/30	10/31	<b>FOOD FOCUS TREE FRUITS</b>		
Pancakes, Syrup & Scrambled Eggs  *BBQ Riblet on Whole Grain Bun  *Turkey Club Catalina Salad served with WG Croutons & Dinner Roll  Seasoned Sliced Carrots Fresh Snap Peas Chilled Pears Fresh Local Apples	Beef Tacos on WG Tortilla Shell served with Sour Cream & Salsa Chicken Fajitas on WG Tortilla Shell  Popcorn Chicken Salad served with WG Dinner Roll  Refried Beans Lettuce & Tomato Cup Chilled Mixed Fruit Banana	<p style="text-align: center;">*Tree fruits can be eaten in many different forms-fresh, sliced up on a bowl of cereal, mashed like applesauce, canned like sliced peaches and even dried. *Some tree fruits have pits but others have seeds. *That's because they come from different families of plants. *Many tree fruits are high in Vitamin C, which helps with our immune system to keep us from getting sick and to help heal cuts and scrapes. Did you know that most of the fiber in tree fruits comes from the skin?</p>		

A full student lunch includes a choice of entrée supplying a protein and grain, vegetable side dishes, fruit side dishes and a choice of milk. Milk choices include 1%, Skim and Chocolate Skim.

Student Price - \$2.75

Reduced Price - \$.40

Adult price - \$3.70

Milk 1/2 pint - \$.50

\* - May Contain Pork WG - Whole Grain

Menu is subject to change without notice. Questions or Comments? Please contact Dining Services at 715-425-1830 ext. 3786

**"This institution is an Equal Opportunity Provider."**

Director of Dining Services: Sherry Bruggeman