

October 07 - October 11

2024

MIDDLE SCHOOL

ALL MEALS INCLUDE SALAD BAR, SOUP, STEAMED RICE, DELI & DESSERTS

Produce of the Month:

Pumpkin



Pumpkins are a type of winter squash and belong to the genus Cucurbita. This makes them a part of the gourd family. They're cultivated in every continent in the world except Antarctica.

07 Monday	08 Tuesday	09 Wednesday	10 Thursday	11 Friday
CHEF'S GRILL Greek Style Chicken Kabob Fried Green Beans with Garlic Aioli	CHEF'S GRILL Braised Beef Parsley Potato and Buttered Peas	CHEF'S GRILL Seafood Cioppino with Garlic Bread	CHEF'S GRILL Asian Crispy Chicken Salad	CHEF'S GRILL Monte Cristo with Country Potato Salad
BURGERLAND Breakfast Burrito Veggie Burger Everyday!	BURGERLAND Impossible Burger	BURGERLAND All American Burger	BURGERLAND Turkey Pesto Swiss	BURGERLAND Smoked House BBQ Burger
TASTE OF ITALY Creamy Roasted Red Pepper Sauce Plain Pasta with Choice of Sauce Everyday!	TASTE OF ITALY Chicken Scallopini	TASTE OF ITALY Seafood Pasta with Lemon Cream Sauce	TASTE OF ITALY Penne Pasta with Cacciatore Sauce	TASTE OF ITALY Spaghetti and Meatballs
MEXICAN FIESTA Bean and Cheese Burrito	MEXICAN FIESTA Jalapeno Pepper Chili Relleno	MEXICAN FIESTA Mango Habanero Chicken	MEXICAN FIESTA Chorizo and Potato Tostada	MEXICAN FIESTA Maui Fish Taco
gf GF ZONE BBQ Pork Ribs	gf GF ZONE Peruvian Steamed Fish	gf GF ZONE Honey Garlic Chicken	gf GF ZONE Filipino Beef Tapa	gf GF ZONE Harissa Roast Pork
gf VEGGIE CAFE Vegan Options Everyday! Jamaican Jerk Vegetables	gf VEGGIE CAFE Grilled Eggplant with Tahini Sauce	gf VEGGIE CAFE Piri Piri Stir Fry	gf VEGGIE CAFE Cuban Ajiaco Stew	gf VEGGIE CAFE Mushroom Risotto

Gluten Free Options Upon Request or
Check out the Gluten Free Zone



Vegetarian



Produce of the Month

