



North Tonawanda Middle Lunch

October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Special News... Daily Choices: Monday, Wednesday and Friday Plain or Spicy Chicken Patty Tuesday and Thursday Cheese or Pepperoni Pizza <small>Menus are subject to change without notice.</small>
27 Orange Chicken Turkey and Cheese Sandwich Egg Chef Salad w/ Cracker Rice, Broccoli Diced Pears, Fresh Apple 4 Soft Shell Chicken Tacos Turkey and Cheese Sandwich Egg Chef Salad w/ Cracker Rice, Baby Carrots Fresh Apple, Diced Pears	28 Chicken and Cheese Quesadilla Ham and Cheese Sandwich Chicken Nacho Salad w/ Chips Corn, Carrots Mixed Fruit, Apple Juice 5 Hot Dog Ham and Cheese Sandwich Chicken Nacho Salad w/ Chips French Fries, Corn Diced Pears, Apple Juice	29 Chicken Nuggets w/ Roll Bologna and Cheese Sandwich Cobb Salad w/ Goldfish Green Beans, Tomatoes Applesauce, Fresh Pear 6 Sausage, Egg and Cheese Bagel Sandwich Bologna and Cheese Sandwich Cobb Salad w/ Goldfish Corn, Broccoli Fresh Orange, Diced Pears	30 Bacon Cheeseburger Egg Salad Sandwich Popcorn Chicken Salad w/ Roll Tater Tots, Celery Strawberry Cup, Fruit Juice 7 Baked Chicken w/ Roll Egg Salad Sandwich Popcorn Chicken Salad w/ Roll Broccoli, Carrots Mixed Fruit, Orange Juice	1 Ranch Chicken Flatbread Turkey and Cheese Sandwich Fruit and Yogurt Salad w/ Roll Veggie Beans, Cucumbers Diced Peaches, Fresh Orange 8 French Toast Sticks w/ Sausage Turkey and Cheese Sandwich Fruit and Yogurt Salad w/ Roll Tater Tots, Cucumbers Mixed Fruit, Orange	
11  18 French Toast Sticks w/ Sausage Turkey and Cheese Wrap Egg Chef Salad w/ Cracker Tater Tots, Cucumbers Mixed Fruit, Orange Juice	12 Chicken Nuggets w/ Roll Ham and Cheese Sandwich Beef Nacho Salad w/ Chips Broccoli, Tomatoes Mixed Fruit, Apple Juice 19 Popcorn Chicken w/ Roll Ham and Cheese Sandwich Chicken Nacho Salad w/ Chips BBQ Beans, Baby Carrots Fresh Pear, Mixed Fruit	13 Cheese Pizza Sticks Bologna and Cheese Sandwich Cobb Salad w/ Roll Baby Carrots, Celery Diced Pears, Fresh Apple 20 Spaghetti w/ Meatsauce Bologna and Cheese Sandwich Cobb Salad w/ Goldfish Green Beans, Tomatoes Applesauce, Fresh Apple	14 Beef Nachos Egg Salad Sandwich Popcorn Chicken Salad w/ Roll Veggie Beans, Cucumbers Mixed Fruit, Fruit Juice 21 Cheeseburger Egg Salad Sandwich Popcorn Chicken Salad w/ Roll Broccoli, Green Pepper Strips Mixed Fruit, Apple Juice	15 BBQ Chicken Flatbread Turkey and Cheese Sandwich Fruit and Yogurt Salad w/ Goldfish French Fries, Corn Applesauce, Fresh Apple 22 Corn dog Turkey and Cheese Sandwich Fruit and Yogurt Salad w/ Roll French Fries, Corn, Mixed Fruit, Fresh Apple	
25 Grilled Cheese w/ Tomato Soup Turkey and Cheese Wrap Egg Chef Salad w/ Cracker Green Beans, Tomatoes Applesauce, Fresh Apple	26 BBQ Chicken Sandwich Ham and Cheese Sandwich Chicken Nacho Salad w/ Chips Tater Tots, Baby Carrots Mixed Fruit, Apple Juice	27 Turkey and Gravy over Mashed Potatoes Bologna and Cheese Sandwich Cobb Salad w/ Goldfish Mashed Potatoes, Corn Diced Peaches, Fresh Pear	28 Baked Chicken w/ Roll Egg Salad Sandwich Popcorn Chicken Salad w/ Roll Broccoli, Carrots Mixed Fruit, Orange Juice	29 Cheeseburger Turkey and Cheese Sandwich Fruit and Yogurt Salad w/ Roll Veggie Beans, Cucumber Diced Pears, Fresh Orange	

Offered Daily:
Peanut butter and Jelly w/ Cheese stick



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