

Lee County Schools
Middle School
Menus for
October 2009



Available Daily

Breakfast
Cereal and Toast

Lunch
Fruit Juice as a Fruit Choice

Lunch Prepayment Will Be Accepted

October 7th and 8th

Full Pay \$ 39.90
Reduce Pay \$ 7.60

Thurs., Oct. 1

Jerry 's Chicken Casserole w/ Grain Roll
Fish Sandwich On Multi Grain Bun
Coleslaw
Strawberry Cup

Breakfast
Pancakes

Friday, Oct. 2

Pepperoni Pizza
Chili Beans
Corn
Green Peas
Applesauce

Breakfast
Manager's Choice

Monday, Oct. 5

Hamburger Streak w/ gravy and Grain Roll
Hot Dog w/ Chili
Baked Beans
Coleslaw
Manager's Choice on Fruit

Breakfast
Waffle

Tuesday, Oct. 6

Early Dismissal
Chicken Nuggets w/ Grain Roll
Vegetable Beef Soup w/ Cheese Sandwich
Steamed Cabbage
Peach Cup

Breakfast
Good Gravy Pizza

Wed., Oct. 7

Pork Roast w/ Gravy and Grain Roll
Chicken Filet Sandwich
Creamy Creamed Potatoes
Green Beans
Seasonal Fresh Fruit

Breakfast
Manager's Choice

Thurs., Oct. 8

Lasagna w/ Grain Roll
Chicken Wings w/ Grain Roll
Tossed Salad
Corn
Chilled Pear Cup

Breakfast
Blueberry Pancakes on stick

Friday, Oct. 9

Cheese Pizza
Chicken Fajita Wrap
Green Peas
Glazed Carrots
Applesauce

Breakfast
Chocolate Chunk Muffin



A choice of milk will be offered daily with a complete meal.

Monday, Oct. 12

Chef Salad w/ Wheat Crackers
Hot Dog w/ Chill Coleslaw
Baked Apples

Breakfast
Super Donut

Tuesday, Oct. 13

Chicken Filet Sandwich
On Multi Grain Bun
Nachos
Manager's Choice
Pinto Beans
Strawberry Cup

Breakfast
Sausage and Toast

Wed., Oct. 14

Spaghetti w/ Grain Roll
Turkey and Cheese Sandwich on Multi Grain Bun
Corn
Green Peas
Seasonal Fresh Fruit

Breakfast
Mini Pancakes w/ Sausage

Thurs., Oct. 15

Baked Chicken w/ Grain Roll
Cheeseburger on Multi Grain Bun
Creamy Creamed Potatoes
Green Beans
Peach Cup

Breakfast
Good Gravy Pizza

Friday, Oct. 16

Pepperoni Pizza
Chicken Salad w/ Wheat Thins
Corn Cobbett
Vegetable
Pasta Salad
Chilled Pear Cup

Breakfast
Yogurt

Monday, Oct. 19	Tuesday, Oct. 20	Wed., Oct. 21	Thurs., Oct. 22	Friday, Oct. 23
Cheeseburger on Multi Grain Bun BBQ Sandwich on Multi Grain Bun Coleslaw French Fries Chilled Pear Cup Breakfast Pancakes w/ Sausage On a stick	Chicken Tenders w/ Grain Roll Beef Stroganoff w/ Grain roll Green peas Raw Vegetable Cup Manager's Choice Fruit Breakfast Cheesy Eggs w. Toast	Macaroni and Cheese w/ Sausage and grain roll Corn Dog Nuggets Green Beans Glazed Carrots Seasonal Fresh Fruit Breakfast French Toast	Turkey and Cheese Sandwich on Multi Grain Bun Mexican Beef Rotini w/ Grain Roll Broccoli and Cheese Sauce Black Eye Peas Very Berry Cup Breakfast Manager's Choice	Cheese Pizza Sloppy Joe on School Made Roll Corn Pinto Beans Applesauce Breakfast Blueberry Muffin
Monday, Oct. 26	Tuesday, Oct. 27	Wed., Oct. 28	Thurs., Oct. 29	Friday, Oct. 30
Taco Pie Hot Dog w/ Chill Tossed Salad Tater Tots Fruit Gelatin Breakfast Cheese Toast	Beef Burrito Chicken & Cheese Quesadilla Shredded Lettuce, Tomato & Pickle Manager's Choice Chilled Pear Cup Breakfast Good Gravy Pizza	Open Faced Turkey Sandwich Cheeseburger on Multi Grain Bun Creamy Creamed Potatoes Lima Beans Seasonal Fresh Fruit Breakfast Uncrustable Peanut Butter and Jelly	Jerry's Chicken Casserole w/ Grain Roll Fish Sandwich on Multi Grain Bun Coleslaw Strawberry Cup Breakfast Pancakes	Pepperoni Pizza Chili Beans w/ Wheat Crackers Corn Green Peas Applesauce Breakfast Manager's Choice

Snacks

DID You KNOW that snacks may be needed to help give you the energy that you need to make it through the day. Make sure to choose healthy snacks from each of the different food groups to increase the nutrients in your diet.

Healthy Snacks Suggestions:

Animal Crackers
Graham Crackers
Air-Popped Popcorn
Cheese
Pudding
Yogurt
Any Raw Vegetables
Fruit juice
Any Fresh Fruit
Peanut Butter
Turkey or Meat Cubes

If you go out to "Trick or Treat" make sure you have an adult check your candy before you eat it!



USDA is an equal opportunity provider and employer.

Our Menus are subject to change.

