






# October Middle School Lunch Menu

MONDAY October 4	TUESDAY October 5	WEDNESDAY October 6	THURSDAY October 7	FRIDAY October 8
 <p>Brunch for Lunch &amp; Sausage with Syrup Cup Orange Juice</p>	 <p>Grilled Cheese on Texas Toast Celery Assorted Fruits &amp; Veggies</p>	 <p>Walking Taco with Seasoned Beef &amp; Cheddar Cheese Shredded Lettuce or Diced Tomato Assorted Fruits &amp; Veggies</p>	 <p>Mrs. T's Pierogies with Breadstick Assorted Fruits &amp; Veggies</p>	 <p>Cheesy Breadsticks Baked Beans Assorted Fruits &amp; Veggies</p>
<b>October 11</b>				
<p><b>NO SCHOOL</b> In - Service Day</p>	 <p>Cheeseburger with Assorted Toppings Tater Tots Assorted Fruits &amp; Veggies</p>	 <p>Cheese Steak Hoagie Cole Slaw Assorted Fruits &amp; Veggies</p>	 <p>Tangerine Sweet Chili Chicken with Brown Rice Steamed Broccoli Assorted Fruits &amp; Veggies</p>	 <p>Cheesy Italian Dunker Assorted Fruits &amp; Veggies</p>
<b>October 18</b>				
 <p>Mini Cinnamon Rolls &amp; Sausage Assorted Fruits &amp; Veggies</p>	 <p>Double Hot Dogs with Assorted Toppings Baked Beans Assorted Fruits &amp; Veggies</p>	 <p>Soft Taco with Seasoned Beef &amp; Cheddar Steamed Corn Assorted Fruits &amp; Veggies</p>	 <p>Pasta with Marinara, Meatballs &amp; Breadstick Assorted Fruits &amp; Veggies</p>	 <p>Cheesy Breadsticks Assorted Fruits &amp; Veggies</p>
<b>October 25</b>				
 <p>French Toast Sticks &amp; Sausage with Syrup Cup Assorted Fruits &amp; Veggies</p>	 <p>Chicken Parmesan with Pasta Assorted Fruits &amp; Veggies</p>	 <p>Cheeseburger with Assorted Toppings Baked Beans Assorted Fruits &amp; Veggies</p>	 <p>Sweet &amp; Sour Chicken with Brown Rice Steamed Broccoli Assorted Fruits &amp; Veggies</p>	 <p>Grilled Cheese on Texas Toast Assorted Fruits &amp; Veggies</p>

**FREE BREAKFAST & LUNCH for ALL STUDENTS!**

MASD has openings for the following positions: Cafeteria Workers, Nurse Assistant, Special Education Assistants & Building Assistants. Visit [www.moonarea.net](http://www.moonarea.net), Applitrack to apply.

Access your child's balance, setup low balance alerts & make online payments at [www.schoolcafe.com](http://www.schoolcafe.com). Students only need funds on their accounts if purchasing ala carte items such as bagged snacks, bottled water or milk.

Make checks payable to: **MASD Food Service**

Daily Options	Crispy Chicken Sandwich	Sunbutter Sandwich	Garden Salad with Chicken	Baked Potato <span style="border: 1px solid red; padding: 2px;">GLUTEN FREE</span>
 <p><b>Daily Options</b> Served with choice of Milk &amp; assorted Fruits and Vegetables</p>	<p>Whole grain crispy chicken breast filet on a warm bun</p> 	<p>Nut free Sunbutter &amp; jelly sandwich &amp; low fat cheese stick</p> 	<p>Cucumbers, tomatoes, carrots, low fat cheese stick, whole grain rich Tostitos &amp; whole grain croutons</p> 	<p>Baked potato, low fat cheddar cheese, all natural Daisy sour cream, Country Crock spread &amp; whole grain rich Tostitos</p> 

**A Lunch Consists of: Whole Grains, Meat / Meat Alternate, Assorted Fruits, Assorted Vegetables & rBST Hormone Free Milk**

**QUESTIONS?** Special dietary needs, account restrictions, benefit and account questions please contact:

Christie Leining, Director of Food Services at 412-264-9440 ext. 1129 or email [cleining@moonarea.net](mailto:cleining@moonarea.net)

 **USDA is an equal opportunity provider and employer** 

**Menu subject to change based upon product availability**

