



UCFSD Middle School Lunch Menu

October 2019

30	1	2	3	WORLD SMILE DAY! 4
No School Today!	<p>Entrees Chicken Smackers/Soft Pretzel Veggie Flatbread</p> <p>Sides Fruit Variety Romaine Caesar Salad Veggie Crunch Cup Daily Milk Selection *</p>	<p>Entrees BBQ Grilled Chicken Sandwich Stuffed Shells w/TX Toast</p> <p>Sides Fruit Variety Romaine Caesar Salad Fresh Baby Carrots Steamed Corn Daily Milk Selection *</p>	<p>Entrees Meatball Sandwich Grilled Cheese Sandwich</p> <p>Sides Fruit Variety Romaine Caesar Salad Tomato Soup Daily Milk Selection *</p>	<p>Entrees Hot Hammie on Pretzel Roll Egg/Cheese Breakfast Sandwich</p> <p>Sides Fruit Variety Romaine Caesar Salad Potato Smiles Coleslaw Daily Milk Selection *</p>
7	8	9	10	11
<p>Entrees Breaded Chicken Patty on Bun Bean Bowl w/Tortilla Chips</p> <p>Sides Fruit Variety Romaine Caesar Salad Black Bean & Corn Salsa Choc Chip Cookie Daily Milk Selection *</p>	<p>Entrees Chicken Wings w/Biscuit Breaded Ravioli w/Marinara</p> <p>Sides Fruit Variety Romaine Caesar Salad Fresh Celery Sticks w/Ranch Rice Krispie Treat Daily Milk Selection *</p>	No School Today!	<p>Entrees Hamburger or Cheeseburger Pancakes w/Sausage</p> <p>Sides Fruit Variety Romaine Caesar Salad Fresh Cucumber Slices Hash Brown Potato Daily Milk Selection *</p>	<p>Entrees Bosco Sticks/Marinara Sea Wonders w/ Roll</p> <p>Sides Fruit Variety Romaine Caesar Salad Fresh Cucumber Slices Fun Size Pretzels Daily Milk Selection *</p>
14	15	16	17	18
No School Today!	<p>Entrees Pulled Pork Sandwich Stuffed Shells w/TX Toast</p> <p>Sides Fruit Variety Romaine Caesar Salad Fresh Cucumber Slices Daily Milk Selection *</p>	<p>Entrees Chicken Tenders w/Biscuit Lo Mein Noodles w/Edamame</p> <p>Sides Fruit Variety Romaine Caesar Salad French Fries Fresh Baby Carrots Daily Milk Selection *</p>	<p>Entrees Pasta and Meatballs Pizza Flatbread</p> <p>Sides Fruit Variety Romaine Caesar Salad Steamed Broccoli Daily Milk Selection *</p>	<p>Entrees Sausage/Egg/Cheese Bagel Grilled Cheese Sandwich</p> <p>Sides Fruit Variety Romaine Caesar Salad Tomato Soup Daily Milk Selection *</p>
21	22	23	24	Parent Visitation Day! 25
<p>Entrees Chicken Parm w/Pasta Baked Potato w/ Cheese, Roll</p> <p>Sides Fruit Variety Romaine Caesar Salad Fresh Baby Carrots Granola Bar Daily Milk Selection *</p>	<p>Entrees Sloppy Joe Sandwich Cinnamon French Toast</p> <p>Sides Fruit Variety Romaine Caesar Salad Sliced Tomatoes Hash Brown Potato Daily Milk Selection *</p>	<p>Entrees Pork Rib B Q Sandwich Mac & Cheese w/TX Toast</p> <p>Sides Fruit Variety Romaine Caesar Salad Stewed Tomatoes French Fries Daily Milk Selection *</p>	<p>Entrees Beef Nachos Tortilla Chips w/Cheese</p> <p>Sides Fruit Variety Romaine Caesar Salad Refried Beans Lettuce/Diced Tomato/Salsa Daily Milk Selection *</p>	<p>Entrees Swt/Sour Chicken w/Rice/Roll Fish w/Rice/Roll</p> <p>Sides Fruit Variety Romaine Caesar Salad Fresh Baby Carrots Oriental Vegetables Daily Milk Selection *</p>
28	29	30	Happy Halloween! 31	1
<p>Entrees Hot Dog on Bun Mozzarella Sticks & TX Toast</p> <p>Sides Fruit Variety Romaine Caesar Salad Baked Beans Sweet Potato Puffs Daily Milk Selection *</p>	<p>Entrees Chicken Smackers/Soft Pretzel Veggie Flatbread</p> <p>Sides Fruit Variety Romaine Caesar Salad Veggie Crunch Cup Daily Milk Selection *</p>	<p>Entrees Hot Hammie on Pretzel Roll Egg/Cheese Breakfast Sandwich</p> <p>Sides Fruit Variety Romaine Caesar Salad Potato Smiles Coleslaw Daily Milk Selection *</p>	<p>Entrees Meatball Sandwich Grilled Cheese Sandwich</p> <p>Sides Fruit Variety Romaine Caesar Salad Tomato Soup Halloween Treat Daily Milk Selection *</p>	<p>Entrees BBQ Grilled Chicken Sandwich Stuffed Shells w/Garlic Toast</p> <p>Sides Fruit Variety Romaine Caesar Salad Fresh Baby Carrots Steamed Corn Daily Milk Selection *</p>

Regular Lunch Price
\$2.75

Lunch includes one Entrée, Fruit & Vegetable choices, & choice of Milk variety.

Add'l Daily Entrées:

- Assorted Cold Sandwiches:
Turkey, Ham & Salad
(Chicken/Tuna/Egg)
PBJ Uncrustable
- Hummus w/Pita & Carrots
- Yogurt/Cheese Stick/Cin Twirl
- Deli Combo Pack

Slider & Salad Lunch
\$3.25

- Assorted Slider Sandwiches:
Chicken Parmesan,
Bacon Burger, Spicy Chicken

Pizza Lunch
\$2.75

Daily Milk Selections:

- 1% White, Non-Fat White,
Non-Fat Chocolate & Non-Fat
Strawberry
Milk Only—\$.60
Bottled Water—\$.60
*free cup for fountain water

**National School
Lunch Week
October 14th—18th
What's On Your
Playlist?**

MIDDLE SCHOOL BREAKFAST PROGRAM

Don't skip that morning meal! Studies have shown that children who eat a nutritious breakfast are more attentive in class, score higher on standardized tests, and are healthier than those children who do not eat breakfast. With today's busy schedules, many families do not have time to fit a balanced meal into their morning schedules. The School Breakfast Program is available for children to get their day started with a nutritious meal that parents can feel good about. The kids like it because they can enjoy breakfast with friends while enjoying those few extra minutes of sleep in the morning before the bus.

Breakfast is \$2.00 for the meal. It includes: Entrée, Fruit and Milk Variety. Students can choose from the following breakfast items to make up a meal package:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Entrées:</u> Apple Frudel Bagel Muffin Cereal Yogurt Fruit Variety Milk Variety	<u>Entrées:</u> French Toast Sticks Bagel Muffin Cereal Yogurt Fruit Variety Milk Variety	<u>Entrées:</u> Breakfast Pizza Bagel Muffin Cereal Yogurt Fruit Variety Milk Variety	<u>Entrées:</u> Pancakes Bagel Muffin Cereal Yogurt Fruit Variety Milk Variety	<u>Entrées:</u> Waffle Bagel Muffin Cereal Yogurt Fruit Variety Milk Variety



STUDENT ACCOUNT INFORMATION