

OCTOBER 2019

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LINUS PAULING MIDDLE SCHOOL MENU

<p><u>Milk</u> Lochmead Dairy All milk served is 1% or non-fat flavored or unflavored milk.</p>	<p>1 Maple Bar Egg, Sausage, Cheese Muffin</p> <p>Hamburger w/Fries</p> <p>Cheesy Bosco Sticks w/ Marinara</p>	<p>2 Buttermilk Bars Sausage Dogs</p> <p>Chicken Nuggets w/Roll</p> <p>Pizza Cheese or Pepperoni</p>	<p>3 Cinnamon Roll Egg, Sausage, Cheese Muffin</p> <p>Hamburger or Cheeseburger w/the Works</p> <p>Mini Corndogs</p>	<p>4 Maple Bar</p> <p>Bosco Stuffed Crust Pizza</p> <p>Popcorn Chicken w/Warm Biscuit</p>
<p>7 Breakfast Pizza French Toast</p> <p>Crispy Chicken Patty Sandwich</p> <p>Fajita Chicken w/Mexican Rice</p>	<p>8 Maple Bar Egg, Sausage, Cheese Muffin</p> <p>Hamburger w/Fries</p> <p>Lasagna w/Garlic Bread</p>	<p>9 Buttermilk Bars Pancake Wraps</p> <p>Chicken Strips w/Roll</p> <p>Pizza Cheese or Pepperoni</p>	<p>10 Cinnamon Roll Egg, Sausage, Cheese Muffin</p> <p>Hamburger or Cheeseburger w/the Works</p> <p>Chili Mac</p>	<p>11 Maple Bar</p> <p>Pizza Rippers Cheese or Pepperoni</p> <p>Fish & Chips</p>
<p>14 Breakfast Pizza French Toast</p> <p>Chicken Floutas</p> <p>Corndogs w/ Chips</p>	<p>15 Maple Bar Sausage, Egg, Cheese Muffin</p> <p>Hamburger w/Fries</p> <p>Sweet and Sour Chicken w/ Rice</p>	<p>16 Buttermilk Bars Sausage Dogs</p> <p>Pork Rib Sandwich</p> <p>Pizza Cheese or Pepperoni</p>	<p>17 Cinnamon Roll Sausage, Egg, Cheese Muffin</p> <p>Hamburger or Cheeseburger w/the Works</p> <p>Cheesy Galic Bread w/ Marinara</p>	<p>18 Maple Bar</p> <p>Handmade Pizza</p> <p>Popcorn Chicken w/Biscuit</p>
<p>21 Breakfast Pizza French Toast</p> <p>Crispy Chicken Patty Sandwich</p> <p>Bean & Cheese Burrito w/ Rice</p>	<p>22 Maple Bar Egg, Sausage, Cheese Muffin</p> <p>Hamburger w/Fries</p> <p>Chilidog w/Fries</p>	<p>23 Buttermilk Bars Sausage dogs</p> <p>Pizza Cheese or Pepperoni</p> <p>Country Chicken bowl w/ Mashed Potatoes</p>	<p>24 Cinnamon Roll Sausage, Egg, Cheese Muffin</p> <p>Hamburger or Cheeseburger w/the Works</p> <p>Pizza Ravioli</p>	<p>25 Maple Bar</p> <p>Handmade Pizza</p> <p>Baked Potato Bar</p>
<p>28 Breakfast Pizza French Toast</p> <p>Bean & Cheese Enchiladas</p> <p>Chicken Stips w/Roll</p>	<p>29 Maple Bar Egg, Sausage, Cheese Muffin</p> <p>Hamburger w/Fries</p> <p>Zombie Weiner Wraps or Mummy Cheese Wraps</p>	<p>30 NO SCHOOL</p>	<p>31 NO SCHOOL</p>	<p>LOCHMEAD Variety Low Fat Milk Served With Every Meal</p>  <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Eat Breakfast For a GREAT START</p> </div>

~~ Menu Subject to Change ~~

This institution is an equal opportunity provider.

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