



# October 2023

## Monticello Middle School BREAKFAST & LUNCH MENU

All Breads are whole grain  
SW: Sandwich  
All juice is 100% fruit juice

“Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.”

All Lunches Must Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat Milk

Powering potential.

	MON	TUES	WED	THURS	FRI
	<b>French Toast Sticks</b> Popcorn Chicken Pepperoni Pizza Bagel Asian Chicken Wrap AC Grilled Ham & Cheese  Steamed Broccoli, Fresh Carrots, Fruit Mix, Fresh Oranges	<b>Pancakes &amp; Syrup</b> BBQ Grilled Chicken SW Mini Corn Dogs Ham & Cheese Wrap AC Fish Sticks & Cheez-Its  Waffle Fries, Romaine Salad, Diced Pears, Fresh Banana	<b>Chocolate Donuts</b> Pizza Meatball Sub Chicken Nuggets & Brdstk Turkey & Swiss Wrap AC Mini Corn Dogs  Celery Sticks, Baked Beans, Diced Peaches, Fresh Apple	<b>Sausage Breakfast Pizza</b> Waffles & Sausage Cheeseburger Egg Chef Salad & Roll AC Chicken Nuggets & Brdstk Green Beans, Red Pepper Strips, Applesauce, Fresh Grapes	<b>Cinnamon Roll</b> Pepperoni Pizza Sages Chicken Sandwich Chicken Caesar Wrap AC Cheeseburger  Romaine Salad, Cucumber Slices, Apricot Halves, Apple
	9 <h1>No School</h1>	10 <h1>No School</h1>	11 <b>Cinnamon Sugar Donut</b> Chicken Quesadilla Chicken Nuggets Turkey & Cheese Wrap AC Bacon Cheeseburger  Sugar Snap Peas, Campfire Beans, Diced Peaches, Fresh Apple	12 <b>Blueberry Waffles</b> Buffalo Chicken Mac Bosco Sticks & Sauce* Chicken Caesar Salad AC Popcorn Chicken & BrdStk Celery Sticks, Mixed Veg, Applesauce, Fresh Pear	13 <b>Apple Breakfast Round</b> Cheese Pizza* Chicken Patty Sandwich Popcorn Chicken Salad & Roll AC Bosco Sticks & Sauce Fresh Spinach, Fresh Carrots, Apricot Halves, Whole Apple
	16 <b>French Toast Sticks</b> Pasta & Meatballs Chicken Tenders & BrdStk Buffalo Ranch Wrap AC Spicy Chicken Patty on Bun Fresh Broccoli, Green Beans Fruit mix, Fresh Oranges	17 <b>Pineapple Parfait</b> Bacon Cheeseburger Grilled Bacon & Cheese Cheese Sub AC Chicken Tenders Red Pepper Strips, Mashed Potatoes, Diced Pears, Fresh Banana	23 <b>Powdered Sugar Donut</b> Chicken Dumpling & Fried Rice Spicy Popcorn Chicken Asian Chicken Wrap AC Turkey & Cheese Sandwich Cucumbers, Peas & Carrots, Diced Peaches, Fresh Apple	19 <b>Blueberry Parfait</b> French Toast & Sausage Cheeseburger Popcorn Chicken Salad & Roll AC Spicy Popcorn Chicken  Celery Sticks, Mixed Veg, Warm Apple Slices, Pear	20 <b>Cinnamon Roll</b> Pepperoni Pizza Sages Chicken Sandwich Pretzel, Yogurt, Cheese Plate* AC Cheeseburger  Fresh Spinach, Fresh Carrots, Apricot Halves, Fresh Apple
	23 <b>Mini Cinnamon Rolls</b> Mac & Cheese BBQ Rib Sandwich Two Cheese Salad & Roll* AC Grilled Ham & Cheese	24 <b>Cinnamon Toast Waffles</b> Beef Nachos BBQ Grilled Chicken SW Buffalo Ranch Wrap AC Mini Corn Dogs	25 <b>Glazed Donut</b> Fiestada Cheese Pizzadilla* Turkey Chef Salad & Roll AC Chicken Tenders & Brdstk	26 <b>Breakfast Pizza</b> Chicken Parmesan Flatbread Chicken Nuggets & Breadstick Chicken Caesar Salad AC Bosco Stick & Sauce	27 <b>Cinnamon Roll</b> Cheese Pizza* Chicken Patty Sandwich Asian Chicken Wrap AC Chicken Nuggets Fresh Carrots, Mixed Vegetables, Apricot Halves, Fresh Apple
	Crinkle Fries, Celery Sticks, Fruit mix, Fresh Oranges  <b>Pink Lemonade Smoothie</b> SR: Bosco Sticks Cheesy Baked Penne* Italian Salad AC Popcorn Chicken & BrdStk  Romaine Salad, Green Beans, Fruit Mix, Fresh Oranges	Refried Beans, Corn, Diced Pears, Fresh Banana  <b>Lemon Breakfast Bread</b> Soft Tacos Cheese Quesadilla* Chicken Ranch Wrap AC Hamburger on a Bun  Cucumbers, Baked Beans, Diced Pears, Fresh Banana	Fresh Broccoli, Pepper Strips Diced Peaches, Fresh Apple	Tater Tots, Fresh Cucumber, Applesauce, Fresh Strawberries	



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STUDENT NUTRITION

This institution is an equal opportunity provider.

Menus are subject to change