



OCTOBER 2022 MIDDLE SCHOOL LUNCH MENU



All lunches include fresh fruit, fresh vegetables and milk.
A complete lunch must include a minimum 1/2 cup fruit or vegetable.

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
4-Oct	Chicken Tenders w/Garlic Breadstick Chicken Caesar Salad		Turkey Deli Sandwich PB&J Sandwich	Crispy Chicken Sandwich w/Potato Wedges Pizza (Cheese or Pepperoni)	
11-Oct	Bean & Cheese Chiminada Corn Dog w/ French Fries		Mandarin Orange Chicken over Chow Mein PB&J Sandwich	Pulled Pork Burrito Bowl Pizza (Cheese or Pepperoni)	
18-Oct	Chicken Tenders w/Garlic Breadstick Chicken Caesar Salad		Turkey Deli Sandwich PB&J Sandwich	Crispy Chicken Sandwich w/Potato Wedges Pizza (Cheese or Pepperoni)	
25-Oct	Bean & Cheese Chiminada Corn Dog w/ French Fries		Mandarin Orange Chicken over Chow Mein PB&J Sandwich	Pulled Pork Burrito Bowl Pizza (Cheese or Pepperoni)	

Due to supply chain issues, we are experiencing increased vendor shortages. This may impact our menu offerings.

We apologize for any inconvenience caused if the menu item listed is not what is offered. Thank you for your understanding.
Please visit our website daily for menu updates. www.slzcafes.com

**BREAKFAST & LUNCH
ARE FREE FOR ALL
STUDENTS THIS
SCHOOL YEAR!!**

Vegetarian Option

All our grain items (& breadings) are Whole Grain!!

BREAKFAST MENU

Offered daily before school & during Nutrition Break

All breakfasts include entrée plus choice of milk and 2 varieties of fruit.

	Banana Chocolate Breakfast Bar, Apple Mini Bites, Blueberry Muffin, Cold Cereal, Bagle w/Cream Cheese.