FRANKLIN COUNTY SCHOOLS
MIDDLE SCHOOL LUNCH MENU

October 2014

Food Bytes

Get in the Game with School Lunch

Did you know that 95% of schools offer the National School Lunch Program (NSLP) and serve 32 million students each day? Schools in North Carolina and across the country will celebrate National School Lunch Week (NSLW) October 13-17, 2014. The theme, "Get in the Game," features events and activities to promote eating healthy and being active.

Your school can celebrate in a variety of creative ways. Invite local high school, college or pro athletes to eat school lunch. Highlight different sports each day of the week. Get everyone involved with the school lunch game. Students and staff can show their spirit by wearing their favorite team colors. And you can name the lunch items to match the NSLW theme.

You need a healthy lunch to get energized for your favorite sports or activities. A healthy lunch also gives you the fuel you need to succeed in school. School meals are a healthy, tasty, convenient choice for students.

Nutrilink: Get in the game! Find NSLW info at www.schoolnutrition.org/nslw.

		Wednesday, October 1	Thursday, October 2	Friday, October 3
	LUNCH PRICES: **Full Price..2.45** **Reduced—.40**	Chicken Quesadilla 38 Corn Dog Nuggets 31 Mandarin Chicken 19 Rice 12 Broccoli & Cheese 6 Glazed Carrots 13 Garden Salad 2 Apple 21 Sliced Pears 31	Cheeseburger on WG Bun 29 Chicken Tenders 16 WG Biscuit 28 Meatball Sub 41 Mashed Potatoes 15 Green Beans 6 Garden Salad 2 Tropical Fruit 19 Orange 11	Pepperoni Pizza 30 Fish Portion on WG 46 WG Toasted Cheese 29 Baked Beans 36 Sweet Potato Cross Trax Fries 15 Vegetable Soup 16 Garden Salad 2 Juice Cup
Monday, October 6	**Tuesday, October 7**	**Wednesday, October 8**	**Thursday, October 9**	**Friday, October 10**
Fiesta Pizza 41 Chicken Fillet on WG 39 Rib B Q on WG 38 Glazed Carrots 13 Green Beans 6 Garden Salad 2 Oven Fries 15 Applesauce 14 Orange 11	Mozzarella Cheese Stix 32 Grilled Chicken Nuggets 2 WG Yeast Roll 26 BBQ Chicken 26 Au Gratin Potatoes 20 Seasoned Greens 3 Garden Salad 2 Sliced Pears 31 Baked Apples 20	Garlic French Bread Pizza 30 Corn Dog Nuggets 31 Soft Taco 38 Sweet Corn 22 Pinto Beans 23 Garden Salad 2 Grape Giggle Bag Mandarin Oranges 17	Cheeseburger on WG Bun 29 Spicy Chicken Fillet on WG 29 Creamy Mac & Cheese 32 WG Yeast Roll 26 Green Peas 19 Glazed Sweet Potatoes 37 Garden Salad 2 Mixed Fruit 19 Fresh Apples 21	Pepperoni Pizza 30 Fish Hoagie Chicken BBQ on WG 30 Broccoli & Cheese 6 Potato Roasters 25 Creamy Cole Slaw 6 Sliced Peaches 19 Juice Cup
Monday, October 13	**Tuesday, October 14**	**Wednesday, October 15**	**Thursday, October 16**	**Friday, October 17**
Fiesta Pizza 41 Chicken Fillet on WG 39 Chicken Fajita 22 Sweet Corn 22 Black Beans Garden Salad 2 Oven Fries 15 Sliced Pears 31 Orange 11	Mozzarella Cheese Stix 32 Breaded Chicken Nuggets 13 Spaghetti & Meat Sauce 37 WG Breadstix 21 Steamed Carrots 10 Green Beans 6 Garden Salad 2 Sliced Peaches 19 Applesauce 14	Buffalo Chicken Pizza 27 Corn Dog Nuggets 31 Steak & Cheese Biscuit 29 Broccoli & Cheese 6 Glazed Sweet Potatoes 37 Garden Salad 2 Pineapple Jell-O Cup 34 Mandarin Oranges 17	Cheeseburger on WG Bun 29 Spicy Chicken Fillet on WG 29 Garden Salad 2 Carrot Cup 6 Apple 21 Juice Cup **EARLY RELEASE**	
Monday, October 20	**Tuesday, October 21**	**Wednesday, October 22**	**Thursday, October 23**	**Friday, October 24**
Fiesta Pizza 41 Chicken Fillet on WG 39 Tostitos w/ Meat & Cheese 20 Pinto Beans 23 Corn 22 Garden Salad 2 Oven Fries 15 Sliced Peaches 19	Mozzarella Cheese Stix 32 Grilled Chicken Nuggets 2 Lemon Pepper Chicken 2 WG Yeast Roll 26 Scalloped Potatoes 21 Steamed Cabbage 5 Garden Salad 2 Applesauce 14 Pineapple Tidbits 28	Cheese Pizza 35 Corn Dog Nuggets 31 Chicken Pastry 13 WG yeast Roll 26 Baked Sweet Potatoes 42 Green Peas 19 Garden Salad 2 Honey Dew Melon Bag Fresh Pear 26	Cheeseburger on WG Bun 29 Spicy Chicken Fillet on WG 29 Meatball Sub 41 Sugar Snap Peas Broccoli & Cheese 6 Mashed Potatoes 15 Garden Salad 2 Apple 19 Mandarin Oranges 17	Pepperoni Pizza 30 Fish Six 20 WG Yeast Roll 26 WG Toasted Cheese 29 Vegetable Soup 16 Oven Fries 15 Baked Beans 36 Garden Salad 2 Sliced Pears 31 Frozen Sorbet Cup 17
Monday, October 27	**Tuesday, October 28**	**Wednesday, October 29**	**Thursday, October 30**	**Friday, October 31**
Fiesta Pizza 41 Chicken Fillet on WG 39 Rib B Q on WG 38 Glazed Carrots 13 Green Beans 6 Garden Salad 2 Oven Fries 15 Applesauce 14 Orange 11	Mozzarella Cheese Stix 32 Breaded Chicken Nuggets 13 Salisbury Steak & Gravy 3 WG Yeast Roll 26 Mashed Potatoes 15 Seasoned Greens 3 Garden Salad 2 Pineapple Tidbits	Chicken Quesadilla 38 Corn Dog Nuggets 31 Soft Taco 38 Sweet Corn 22 Pinto Beans 23 Garden Salad 2 Baked Apples 20 Mandarin Oranges 17	Cheeseburger on WG Bun 29 Chicken Tenders 16 Creamy Mac & Cheese 32 WG Yeast Roll 26 Green Peas 19 Glazed Sweet Potatoes 37 Garden Salad 2 Mixed Fruit 19 Fresh Apples 21	Pepperoni Pizza 30 Fish Portion on WG 46 Hot Dog 29 Potato Smiles 20 Baked Beans 36 California Veggies 5 Creamy Cole Slaw 6 Sliced Peaches 19 Juice Cup

October

- National Apple Month
- National Farm to School Month
- National Food Day (October 24)
- National School Lunch Week (October 13-17)

Source: www.schoolnutrition.org

Prepayments may be made in the Cafeteria or on-line at k12prepaymentcenter.com
Call 919-496-5125 for your Student's number.
It is NOT their lunch number.

Juice Choices:

Apple 13
Grape 19
Orange 13
Orange-Pineapple 14

Milk Choices:

1% Plain13
Chocolate Skim 20
Skim Plain 13
Skim Strawberry 19
Vanilla Skim 19

Carb Counts are listed beside the menu items. Menu is subject to change due to product availability.

"Franklin County Schools is an equal opportunity provider and employer."

WG=Whole Grain Items

Developed by School Nutrition Services, N.C. Department of Public Instruction.
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http://childnutrition.ncpublicschools.gov