

# October 2020

## Roland-Story Middle School

### LUNCH



This institution is an equal opportunity provider.



**Nutrition Tip:** Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



**Milk offered daily:**  
White, Chocolate, and Strawberry Skim Milk  
White 1% Milk

Cheeseburger  
Baked Beans  
Applesauce  
Milk

1

Corndog  
Green Beans  
Pineapple Chunks  
Milk

2

Cheese Pizza  
Romaine Salad  
Pears  
Milk

5

Walking Tacos  
Corn  
Applesauce  
Milk

6

Orange Chicken  
Fried Rice  
Eggroll  
Mixed Fruit  
Milk

7

Ham & Cheese Sub  
Baby carrots  
Pineapple  
Milk

8

Hot Dog  
Fries  
Peaches  
Milk

9

Chicken Sandwich  
Sliced Carrots  
Mandarin Oranges  
Milk

12

Crispito  
Chips W/Cheese  
Corn  
Pears  
Milk

13

Spaghetti W/Meat Sauce  
Breadstick  
Green Beans  
Applesauce  
Milk

14

Shredded BBQ Chicken  
Sandwich  
Baked Beans  
Mixed Fruit  
Milk

15

Peperoni Pizza  
Mixed Vegetables  
Grapes  
Milk

16

Chicken Strips  
Broccoli Normandy  
Peaches  
Milk

19

Chicken Tacos  
Corn  
Diced Mango  
Milk

20

Meatball Sub  
Peas  
Diced fruit  
Milk

21

Teriyaki Chicken  
Rice  
Egg Roll  
Pacific Blend Veggies  
Mandarin Oranges  
Milk

22

Sloppy Joe Sandwich  
Fries  
Peaches  
Milk

23

**NO SCHOOL**

26

Taco Quesadilla  
Corn  
Blueberries  
Milk

27

Chicken & Gravy w/Biscuit  
Mashed Potatoes  
Apricots  
Milk

28

Sausage & Peperoni  
Calzone  
Romaine Salad  
Pears  
Milk

29

Hot Ham & Cheese  
Sandwich  
Green Beans  
Mandarin Oranges  
Milk

30