

October 2020

F.C. Reed Middle School Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Chicken Patty Sandwich
- Celery Stix
- Ranch Dressing
- Diced Pears
- Choice of
- Fat Free Chocolate Milk
- 1% White Milk

2

- Bosco Sticks
- Caesar Salad
- Marinara Sauce Cup
- Fruit
- Choice of
- Fat Free Chocolate Milk
- 1% White Milk

5

- Corn Dog
- Potato
- Goldfish Crackers
- Fruit
- Carnival Cookie
- Choice of
- Fat Free Chocolate Milk
- 1% White Milk

6

- Warm Italian Sub
- Potato Chips
- Cucumber Slices
- Ranch
- Fruit Cocktail
- Choice of
- Fat Free Chocolate Milk
- 1% White Milk

7

- Hamburger
- Baby Carrots
- Ranch
- Sliced Dill Pickle
- Fruit
- Choice of:
- Fat Free Chocolate Milk
- 1% White Milk

8

- Pizza Roll
- Marinara Sauce Cup
- Mixed Green Salad
- Goldfish Crackers
- Carnival Cookie

9

- Rotini Pasta
- Alfredo Sauce
- Broccoli
- Breadstick
- Fruit
- Choice of
- Fat Free Chocolate Milk
- 1% White Milk

12

- Caesar Salad
- Grilled Chicken Breast
- Breadstick
- Fruit
- Choice of:
- Fat Free Chocolate Milk
- 1% White Milk

13

- Walking Taco
- Refried Beans
- Salsa
- Sour Cream
- Shredded Lettuce
- Fruit
- Choice of
- Fat Free Chocolate Milk
- 1% White Milk

14

- Hot Ham and Cheese on a Pretzel Roll
- Potato Chips
- Celery Stix
- Ranch Dressing
- Fruit
- Choice of
- Fat Free Chocolate Milk
- 1% White Milk

15

- Cheese Pizza
- Mixed Green Salad
- Fruit
- Choice of
- Fat Free Chocolate Milk
- 1% White Milk

16

19

- Rotini Pasta w/ Meat Sauce
- Breadstick
- Green Beans
- Fruit
- Choice of
- Fat Free Chocolate Milk
- 1% White Milk

20

- Hot Dog
- Baked Beans
- Potato Chips
- Fruit
- Choice of
- Fat Free Chocolate Milk
- 1% White Milk

21

- Cheese Pizza
- Mixed Green Salad
- Fruit Cocktail
- Choice of
- Fat Free Chocolate Milk
- 1% White Milk

22

- Breaded Chicken Patty
- California Veggie Blend
- Fruit
- Choice of
- Fat Free Chocolate Milk
- 1% White Milk

23

- Bosco Sticks
- Caesar Salad
- Marinara Sauce Cup
- Fruit
- Choice of
- Fat Free Chocolate Milk
- 1% White Milk

26

- Corn Dog
- Potato Triangle
- Goldfish Crackers
- Cookie
- Fruit Cocktail
- Choice of
- Fat Free Chocolate Milk
- 1% White Milk

27

- Warm Italian Sub
- Cucumber Slices
- Ranch Dressing
- Potato Chips
- Fruit
- Choice of
- Fat Free Chocolate Milk
- 1% White Milk

28

- Hamburger
- Baby Carrots
- Ranch
- Potato Chips
- Sliced Dill Pickle
- Fruit
- Choice of
- Fat Free Chocolate Milk
- 1% White Milk

29

- Pizza Roll
- Marinara Sauce
- Mixed Green Salad
- Goldfish Crackers
- Carnival Cookie
- Choice of
- Fat Free Chocolate Milk
- 1% White Milk

30

- Popcorn Chicken
- Mashed Potatoes
- Fruit
- Halloween Treat
- Choice of
- Fat Free Chocolate Milk
- 1% White Milk

RMS Second Lunch Choices:: SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z, Strawberry PB&J Sandwich, **Salad Choices** , Monday: Popcorn Chicken , Tuesday: Ham , Wednesday: Grilled Chicken , Thursday: Turkey , Friday: Italian

This menu is subject to change.

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