



# NOVEMBER 2022

## MIDDLE SCHOOL | LUNCH MENU

**Specials:**  
**Week 1: Chicken Caesar Salad**  
**Week 2: Chicken Nacho Salad**  
**Week 3: Turkey Cheese Salad**  
**Week 4: Ham Salad**  
**Week 5: Italian salad**  
 \*\* All Salads served with WG Dinner Roll or WG Pretzel Rod

**DAILY:**  
 Whole Wheat Uncrustable Meal Box: (PBJ, String Cheese, Graham Crackers)  
 \* MTO Deli Station ~ \*Pizza Station  
 \*\*Hamburgers ~ Cheeseburger ~ Veggie Burger ~ Hot Dogs ~ Chicken Tenders ~ Breaded Chicken Sandwich ~ Breaded Spicy Chicken Sandwich

Fresh Vegetable Variety: Carrots, Broccoli, Cucumber, Celery, Grape Tomato, Peppers

| MON  | TUES  | WED  | THURS   | FRI   |
|--|---|--|---|---|
| 31<br>MTO Asian Station<br>Sweet & Tangy Grilled<br>Chicken Sandwich | 1<br>MTO Asian Station<br>Popcorn Chicken<br>Parmesan                   | 2<br>MTO Asian Station<br>Kickin Chicken<br>Fries  | 3<br>MTO Asian Station<br>BBQ Pulled Pork<br>Sandwich | 4<br>MTO Asian Station<br>Chicken Ranch Club<br>Flat Bread<br><i>Week 4</i> |
| 7<br>MTO Potato Station<br>Chicken Parmesan<br>Sandwich              | 8<br>MTO Potato Station<br>Chili Garlic Popcorn<br>Chicken with Lo Mein | 9<br>MTO Potato Station<br>Pineapple Chicken Bowl  | 10<br>School Closed                                   | 11<br>School Closed<br><i>Week 5</i>  |
| 14<br>MTO Pasta Station<br>Cranberry Turkey Burger                   | 15<br>MTO Pasta Station<br>Cranberry Turkey Burger                      | 16<br>MTO Pasta Station<br>Cranberry Turkey Burger   | 17<br>MTO Pasta Station<br>Cranberry Turkey Burger    | 18<br>MTO Pasta Station<br>Cranberry Turkey Burger<br><i>Week 1</i>         |
| 21<br>MTO Breakfast Station<br>(2) Beef Soft Tacos                   | 22<br>MTO: Breakfast Station<br>Chicken Corn Dog                        | 23<br>MTO: Breakfast Station<br>Cheese Stuffed<br>Breadsticks                              | 24<br>School Closed                                   | 25<br>School Closed<br><i>Week 2</i>  |
| 28<br>MTO Mexican Station<br>Penne Alfredo with<br>Chicken           | 29<br>MTO Mexican Station<br>Beef Meat Ball Pizza<br>Parmesan           | 30<br>MTO Mexican Station<br>Baked Potato with<br>Vegetarian Chili &<br>Cheese, WG Biscuit |   | <i>Week 3</i>   |

Powering potential.



Provided Daily:  
 Assorted Low Fat Unflavored, and Chocolate  
 Assorted Fresh Fruit of the Day & Assorted 100% Fruit Juices  
 Local produce grown within 350 miles is identified by (L).  
 Questions and concerns: Please call Food Service 856-424-2316.  
 Meal Applications can be filled out anytime during the school year  
 Full Price Breakfast \$1.90 and Full Price Lunch \$3.00

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



**Menus are subject to change.**