

# Main Street Middle School

## October 2019

Main Street is Happy to serve all Students FREE of Charge!



**A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Daily Special/Everyday

*Cheese Pizza*

*Pepperoni Pizza*



- MONDAY Meat Lovers
- TUESDAY Sausage & Pepperoni
- WEDNESDAY Hawaiian
- THURSDAY Meat Lovers
- FRIDAY Pepperoni & Jalapeno

Daily Special/Everyday

*Spicy Chicken Sandwich*

*Hamburger or Cheeseburger*



- MONDAY Popcorn Chicken with Fries
- TUESDAY Corn Dog with Fries
- WEDNESDAY Grilled Cheese Sandwich with Fries **V**
- THURSDAY Chicken Nuggets with Fries
- FRIDAY Turkey Hot Dog with Fries



- MONDAY Crunchy Beef Tacos
- TUESDAY Bean & Cheese Nachos **SP**
- WEDNESDAY Baked Chicken with Roll
- THURSDAY Orange Chicken with Rice **SP**
- FRIDAY Carnitas Torta



Daily Special/Everyday

*Protein Pack*

**V**

- MONDAY Chicken Caesar Salad **SP**  
Turkey & Cheese Sandwich
- TUESDAY Chef Salad **SP**  
Ham & Cheese Sandwich
- WEDNESDAY American Combo Sandwich **SP**  
Buffalo Chicken Salad
- THURSDAY Beef Taco Salad **SP**  
Turkey & Cheese Sandwich
- FRIDAY Chicken Caesar Salad **SP**  
Tuna Sandwich



Daily Special/Everyday

*Assorted Whole Grain Cereal with Graham Cracker*

**V**

- MONDAY French Toast Stick & Sausage
- TUESDAY Assorted Breakfast Bread  
Sausage, Egg & Cheese on English Muffin  
Chocolate Chip UBR
- WEDNESDAY Yogurt & Crackers  
Bene-Fit Bar
- THURSDAY Maple Pancakes  
Cinnamon Bun
- FRIDAY Breakfast Pizza  
Bene-Fit Bar

*This institution is an equal opportunity provider.*

Nutrition Information is available upon request.

