



October

2019

Wayne Westland Middle School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	More Info... *This institution is an equal opportunity provider* Each Lunch must include 3 components from the 5 food groups (protein, grain, dairy, vegetable, fruit). One of the 3 components must be a serving of fruit or vegetable.
Sep 30 Beef Tacos (32g) Refried Beans (20g) Sliced Peaches (18g) Milk (24/11g)	Oct 1 Meatball Sub (50g) Seasoned Carrots (4g) Apple Sauce (19g) Milk (24/11g)	2 Chicken Mashed potato Bowl (50g) Golden Corn (4g) Fruit Cocktail(17g) Milk (24/11g)	3 Pasta w/ Meat sauce (50g) Roasted Veggies(4g) Apple Slices (15g) Milk (24/11g)	4 Hot Italian Sub (28g) Broccoli (2g) Sliced Pears (18g) Milk (24/11g)	
7 Chicken Fajita (32g) Kick'n Pintos (19g) Sliced Peaches (18g) Milk (24/11g)	8 Philly Steak and Cheese Sub (50g) Seasoned Carrots (4g) Grapes (18g) Milk (24/11g)	9 General Tso Chicken W/ Rice (50g) Broccoli (2g) Fresh Orange (15g) Milk (24/11g)	10 Macaroni & Cheese (24g) Green Beans (4g) Pineapple (17g) Milk (24/11)	11 Half Day No School Lunch	
14 Fiesta Fold over (43g) Refried Beans(20g) Sliced Pears (18g) Milk (24/11g)	15 BBQ Bacon Cheese Burger (37g) Seasoned Carrots (4g) Fruit Cocktail (17g) Milk (24/11)	16 Sweet and Sour Chicken w/Rice (31g) Broccoli (2g) Mandarin Oranges (17g) Milk (24/11g)	17 Swedish Meatballs over pasta (45g) Green Beans(4g) Apple Slices (15g) Milk (24g/11g)	18 Spicy Chicken and Waffles (50g) Curly Fries (19g) Pineapple (17g) Milk (24/11g)	
21 Chicken and cheese enchilada stacker (35g) Baked Beans (20g) Sliced Peaches (18g) Milk (24g/11g)	22 BBQ Pulled Pork sandwich (35g) Sweet potato Waffle Fries (20g) Fresh Melon (17g) Milk (24/11g)	23 Beef and Broccoli Stir Fry W/ Rice (36g) Broccoli (2g) Mandarin Oranges (17g) Milk (24/11g)	24 Chicken Alfredo Pasta (48g) Roasted Veggies (4g) Apple Slice (15g) Milk (24/11g)	25 Bosco Sticks W/ Marinara Dipping Sauce (51g) Golden Corn (4g) Sliced Pears (18g) Milk (24/11g)	
28 Beef Enchilada (33g) Baked Beans (19g) Strawberries (33g) Milk (24/11g)	29 Chicken Florentine Flatbread Pizza (33g) Seasoned Carrots(4g) Sliced Peaches (18g) Milk (24/11g)	30 Chicken Pot Pie over Biscuits (42g) Broccoli (2g) Fruit Cocktail (17g) Milk (24/11g)	31 French Toast (43g) W Sausage Patty and Hash Brown (14g) Pineapple (17g) Milk (24/11g)	Nov 1 Half Day No School Lunch	

Franklin and Stevenson Middle School Menu

Offered Mon/Wed/Fri: Chicken Nuggets, Cheeseburger, Chef Salad, Cold Sandwiches and Pizza.
 Offered Tues./Thurs: Chicken Patty, Chef Salad, Cold Sandwiches and Pizza.

Menus are subject to change without notice.

