
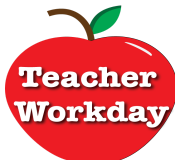





Middle School Breakfast Menu

October 2022

* Menu Subject to Change*

Monday	Tuesday	Wednesday	Thursday	Friday
3 Blueberry Bread Banana Bread Cinnamon Applesauce Applesauce Orange Juice Apple Juice	4 Breakfast Bar Cinnamon Applesauce Applesauce Orange Juice Apple Juice	5 No School Today	6 Chocolate Chip Muffin Banana Muffin Blueberry Muffin Apple Cinnamon Muffin Cinnamon Applesauce Applesauce Orange Juice Apple Juice	7 Cinnamon Bar Cinnamon Applesauce Applesauce Orange Juice Apple Juice 
10 Golden Pancake Cinnamon Applesauce Applesauce Orange Juice Apple Juice 	11 Blueberry Crumb Cake Cinnamon Applesauce Applesauce Orange Juice Apple Juice	12 Fruit & Yogurt Parfait Cinnamon Applesauce Applesauce Orange Juice Apple Juice	13 Cinnamon French Toast Triple Berry French Toast Cinnamon Applesauce Applesauce Orange Juice Apple Juice	14 No School Today 
17 Blueberry Mini Waffles Maple Mini Waffles Cinnamon Applesauce Applesauce Orange Juice Apple Juice	18 Chocolate Chip Muffin Flat Cinnamon Applesauce Applesauce Orange Juice Apple Juice	19 Mini Cinni Cinnamon Applesauce Applesauce Orange Juice Apple Juice 	20 Apple Cinnamon Oatmeal Round Chocolate Chip Oatmeal Round Cinnamon Applesauce Applesauce Orange Juice Apple Juice	21 Apple Frudel Cherry Frudel Cinnamon Applesauce Applesauce Orange Juice Apple Juice
24 No School Today 	25 No School Today 	26 Un crustable Breakfast Sandwich Cinnamon Applesauce Applesauce Orange Juice Apple Juice	27 Chocolate Chip Muffin Banana Muffin Blueberry Muffin Apple Cinnamon Muffin Cinnamon Applesauce Applesauce Orange Juice Apple Juice	28 Cinnamon Bar Cinnamon Applesauce Applesauce Orange Juice Apple Juice
31 Golden Pancake Cinnamon Applesauce Applesauce Orange Juice Apple Juice 	<p>Reminder: Have you completed meal benefit application this school year!? You must complete a meal benefit application for students to qualify for free and reduced meals during School Year 2022-2023. Students approved for meal benefits last year or who attended a CEP school last year were granted a 30 day carry over only until October 18, 2022. No application is needed for students enrolled in a CEP school (Carrcroft, Claymont, Harlan, Maple Lane, Mount Pleasant Elementary, ECAP, and P.S dupont). CEP sites will receive universal free meals for this school year. Visit this link to apply OR Learn more on how to apply here.</p>			

Daily Breakfast Favorites

Cereal Variety, Assortment of Cereal Bar, Selection of PopTarts, Assorted Yogurt, Fresh Fruit, & Milk Variety

October 2022

Middle School Lunch Menu



* Menu Subject to Change*

Monday	Tuesday	Wednesday	Thursday	Friday
3 Toasted Cheese Sandwich Tomato Basil Flatbread Tomato Soup Cinnamon Applesauce Applesauce	4 Chicken Nuggets w/ Dinner Roll Turkey Tacos w/lettuce, tomato, cheese & salsa California Vegetable Blend Fresh Fruit	5 No School Today	6 Breakfast for Lunch! Maple Waffles & Chicken Sausage Egg, Chicken Sausage & Cheese Sandwich Crispy Baked Tater Tots Orange Juice	7 Mandarin Orange Chicken w/ Brown Rice Sloppy Joe Sandwich Brilliant Broccoli Juicy Peaches
10 BBQ Chicken Pizza Chicken Parmesan Sandwich Steamed Carrots Dried Cranberries 	11 Crazy Chicken Bowl Cheesy Lasagna Potato Smiles Chilled Pears	12 Crispy Chicken Drumstick w/ Biscuit Southwest Grilled Chicken Sandwich Brilliant Broccoli Fresh Fruit	13 Beef & Cheese Nachos Crispy Chicken Sandwich Spicy Chicken Sandwich Cinnamon Applesauce Applesauce	14 No School Today 
National School Lunch Week-----				
17 Meatball Sandwich> BBQ Chicken Tender Wrap Honey Mustard Chicken Tender Wrap Oven Baked Fries Juicy Peaches	18 BBQ Chicken Sandwich on a Club Roll Toasted Ravioli Cinnamon Applesauce Applesauce	19 Macaroni & Cheese Fish Tacos Capri Vegetable Blend Fresh Fruit	20 Chicken Tortilla Soup Bean and Cheese Burrito Brilliant Broccoli Fruit Cocktail	21 Chicken Alfredo Buffalo Chicken Nachos Steamed Carrots Fresh Fruit 
24 No School Today 	25 No School Today 	26 Breakfast for Lunch! Maple Waffles & Chicken Sausage Egg, Chicken Sausage & Cheese Sandwich Crispy Baked Tater Tots Orange Juice	27 Beef Chili w/ Cornbread Spaghetti with Chicken Meatballs (6-8) Steamed Carrots Chilled Pears	28 Mandarin Orange Chicken w/ Brown Rice Sloppy Joe Sandwich Brilliant Broccoli Juicy Peaches
31 Chicken Parmesan Sandwich BBQ Chicken Pizza Steamed Carrots Chillin Bat Frozen Fruit Cup 	<p>National School Lunch week will be celebrated October 10-14, 2022. The National School Lunch Program (NSLP) serves nearly 30 million children every school day. National School Lunch Week hopes to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom. The theme this year is Peace, Love and School Lunch. Join the groovy celebration in your school cafeteria!</p> <p>Reminder: Have you completed meal benefit application this school year?! You must complete a meal benefit application for students to qualify for free and reduced meals during School Year 2022-2023. Students approved for meal benefits last year or who attended a CEP school last year were granted a 30 day carry over only until October 18, 2022. No application is needed for students enrolled in a CEP school (Carrcroft, Claymont, Harlan, Maple Lane, Mount Pleasant Elementary, ECAP, and P.S dupont). CEP sites will receive universal free meals for this school year. Visit this link to apply OR Learn more on how to apply here.</p>			

Daily Lunch Favorites

Fresh Garden Salad, Turkey Chef Salad

Turkey & Cheese on Philly Roll
 Turkey Sandwich on Philly Roll
 Cheese Sandwich

Freshly Baked Pizza
 Vegan Selection

Plain Hummus
 Assorted Fresh Vegetables

Fresh Apples, Oranges, Bananas, Grapes, and Pears

100% Apple Juice & Orange Juice

Fat Free Lactaid Milk, Fat Free White Milk, 1% Low-Fat Milk, Fat Free Strawberry Milk, Fat Free Chocolate Milk