

Struthers Middle School Lunch Menu

Food Service Director: Dru Clyde
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October

Wildcats

What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

**Students must choose at least one fruit or vegetable*

Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads

Celery & Cucumber
*May choose two 1/2 cup servings

*Fruits may include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana

Pineapple Tidbits
Diced Pears
Applesauce
*May choose 1/2 cup serving

MENUS SUBJECT TO CHANGE

Milk Choices Offered Daily

Fat Free Chocolate, Fat Free White and Low Fat White

Paid \$2.50
Reduced \$.40
Adult \$3.50

This institution is an equal opportunity provider

Whole Grains Available Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Walking Taco Steamed Cauliflower or Peas Salsa, Cheese, Lettuce Choice of Fruit Choice of Milk	2 Toasted Cheese Tomato Soup Carrots with Dip Choice of Fruit Choice of Milk	3 Crispy Popcorn Chicken Mashed Potato /Gravy Choice of Fruit Choice of Milk	4 Mini Corndogs BBQ Baked Beans Potato Chips Choice of Fruit Choice of Milk	5 Papa Johns Romaine Salad ital. Dressing Choice of Fruit Choice of Milk
8	Fiestada Pizza Green Beans Choice of Fruit Choice of Milk	9 Bacon Burger Baked Beans Choice of Fruit Choice of Milk	10 Cheesy Chicken Quesadilla Glazed Carrots Choice of Fruit Choice of Milk	11 Cocca's Pizza Romaine salad Choice of Fruit Choice of Milk Fresh Baked Cookie	12 NO SCHOOL
15	Chicken Parm Sandwich Sweet Potato Fries Corn Choice of Fruit Choice of Milk	16 Pancakes Hash Browns Sausage Links Choice of Fruit Choice of Milk	17 Homemade Ital Dunker Green Beans Cheese Salas Choice of Fruit Choice of Milk	18 Hot Dog with Topping Baked Beans Chexs Mixs Choice of Fruit Choice of Milk	19 Papa Johns Romaine Salad Choice of Fruit Choice of Milk Fresh Baked Cookie
22	Cheeseburger Slider Sweet Potato Fries Choice of Fruit Choice of Milk	23 Cocca's Pepperoni Rolls Broccoli Choice of Fruit Choice of Milk	24 Pasta w/ Meatballs Green Beans Roll Choice of Fruit Choice of Milk	25 Beef Nachos Refried Beans Salsa & Cheese Choice of Fruit Choice of Milk	26 Cocca's Pizza Romaine Salad Choice of Fruit Choice of Milk Fresh Baked Cookie
29	Bosco Cheese Sticks Dipping Sauce Green Beans Choice of Fruit Choice of Milk	30 Crispy Chicken Sandwich Onion Rings Choice of Fruit Choice of Milk	31 2 Soft Beef Taco Cheesy Refried Beans Cheddar Cheese and Lettuce Salas Choice of Fruit Choice of Milk		
	Monday Alternate Corndog	Tuesday Alternate Bosco Cheese Sticks	Wednesday Alternate Cheeseburger Slider	Thursday Alternate Garden Salad	Friday Alternate Wraps