

Medomak Middle School

Note: Menu items are subject to change according to availability of food.
Extra Milk is \$.50

Alternative Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Oct. 1 - 2 PB & J Ham & Cheese				1 Penne Pasta & Meatballs Garlic Bread Side Salad Fruit / Milk	2 Grilled Chicken Burger Lettuce & Tomato Cucumbers Fruit / Milk
Oct. 5 - 9 PB & J Egg Salad – <i>Not on Wednesday</i>	5 Chop Suey Caesar Salad Garlic Bread Fruit / Milk	6 Beef Tacos Sweet Corn & Black Beans Roasted Ranch Chick Peas Fruit / Milk	7 Chicken Bacon Ranch or Cheese Pizza Baby Carrots Fruit / Milk	8 Fish Sticks Rice Pilaf Cole-Slaw Fruit / Milk	9 No School
Oct. 12 - 16 PB & J Tuna Roll – <i>Not on Wednesday</i>	12 No School	13 Mac & Cheese Garlic Bread Ceasar Salad Fruit / Milk	14 Pepperoni or Cheese Pizza Cucumber Coins Fruit / Milk	15 Beef Chili Cheesy Bosco Stick Sweet Corn Fruit / Milk	16 Crispy Chicken Burger Baby Carrots Fruit / Milk
Oct. 19 - 23 PB & J Chicken Caesar Salad – <i>Not on Wednesday</i>	19 BBQ Pulled Pork Loaded Tots / Corn Bread Green Beans Fruit / Milk	20 Chicken Tacos Corn & Black Beans Fruit / Milk	21 BBQ Chicken or Cheese Pizza Baby Carrots Fruit / Milk	22 Lasagna roll-Ups Garlic Bread Caesar Salad Fruit / Milk	23 Spicy Chicken Burger Celery / Hummus Fruit / Milk
Oct. 26 - 30 PB & J Turkey & Cheese - <i>Not on Wednesday</i>	26 Chicken Nuggets Rice Pilaf Sweet Peas Fruit / Milk	27 Nacho Bento Box Black Bean Corn Salad Fruit / Milk	28 Meat lovers or Cheese Pizza Broccoli Fruit / Milk	29 Chicken Alfredo Over Penne Pasta Garlic Bread Side Salad Fruit / Milk	30 Popcorn Chicken Boat Mashed Potato Sweet Corn / Roll Fruit / Milk

“This institution is an equal opportunity provider”

RSU 40 is Dye Free!