Middle School Menu
October 2022

Lynden School District

Please be aware that Meals are no longer free!

You are responsible to have money on your student's account.

If there is a need, Free & Reduced Applications are available in your student's school office and District Office.

Please fill out **completely** and we will process the application.

Available Daily

Garden Bar

Vegetables offered may include:
Carrots
Broccoli
Cucumbers
Cauliflower,
Celery
Variety of mixed greens.

Fruit offered may include:
Apples
Oranges
bananas,
peaches
Pears
Strawberries
Applesauce
Pineapple
Grapes

WG = Whole Grain

Monday, October 3	Tuesday, October 4	Wednesday, October 5	Thursday, October 6	Friday, October 7
Corn Dog **Pizza Bar** **Sub Sandwich Bar** Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk	**Ravioli** **Pizza Bar** **Sub Sandwich Bar** Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk	**Fiesta Bar** **Burger Bar** **Sub Sandwich Bar** Fruit & Veggies Bar 1% White Milk Non-fat Chocolate Milk **LATE ARRIVAL**	**Spud Bowl** **Pizza Bar** **Sub Sandwich Bar** Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk **EARLY RELEASE 6-8TH ONLY**	**Max Cheese Sticks w/ Caesar Salad** **Burger Bar** **Sub Sandwich Bar** Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk **EARLY RELEASE 6-8TH ONLY**
Monday, October 10	**Tuesday, October 11**	**Wednesday, October 12**	**Thursday, October 13**	**Friday, October 14**
WAIVER DAY NO SCHOOL FOR STUDENTS	**Rice Bowl** **Pizza Bar** **Sub Sandwich Bar** Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk	**Fiesta Bar** **Burger Bar** **Sub Sandwich Bar** Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk **LATE ARRIVAL**	**Spud Bowl** **Pizza Bar** **Sub Sandwich Bar** Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk	**Totchos** **Burger Bar** **Sub Sandwich Bar** Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk

BREAKFAST CHOICES MAY INCLUDE:

WG Granola Bar, WG Breakfast Pizza, WG Breakfast Cookie, WG Muffin, WG Cinnamon Roll, Pancake on a Stick, WG Maple Bar, WG Poptart and variety of WG Cereals
100% Juice/Fresh Fruit
1% white milk
Non fat Chocolate Milk

This institution is an equal opportunity provider

MENU SUBJECT TO CHANGE

Sub Sandwich Bar
Made To Order

Choice of the following on an assortment of Whole grain breads:

- **Turkey/Ham**
- **Cheeses**
- **Lettuce**
- **Tomatoes**
- **Onions**
- **Peppers**
- **Olives**
- **Pickles**
- **cucumbers**

Monday, October 17	Tuesday, October 18	Wednesday, October 19	Thursday, October 20	Friday, October 21
Corn Dog **Pizza Bar** **Sub Sandwich Bar** Salads/Wraps Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk	**Pasta Bar** **Pizza Bar** **Sub Sandwich Bar** Salads/Wraps Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk	**Fiesta Bar** **Burger Bar** **Sub Sandwich Bar** Salads/Wraps Fruit & Veggie Bar 1% White Milk Non-Fat Chocolate Milk **LATE ARRIVAL**	**Spud Bowl** **Pizza Bar** **Sub Sandwich Bar** Salads/Wraps Fruit & Veggie Bar 1% White Milk Non-Fat Chocolate Milk	**Chili** **w/ cornbread** **Burger Bar** **Sub Sandwich Bar** Salads/Wraps Fruit & Veggie Bar 1% White Milk Non-Fat Chocolate Milk
Monday, October 24	**Tuesday, October 25**	**Wednesday, October 26**	**Thursday, October 27**	**Friday, October 28**
Chicken Nuggets **Pizza Bar** **Sub Sandwich Bar** Salads/Wraps Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk	**Rice Bowl** **Pizza Bar** **Sub Sandwich Bar** Salads/Wraps Fruit & Veggie Bar 1% White Milk Non-Fat Chocolate Milk	**Fiesta Bar** **Burger Bar** **Sub Sandwich Bar** Salads/Wraps Fruit & Veggie Bar 1% White Milk Non-Fat Chocolate Milk **LATE ARRIVAL**	**Spud Bowl** **Pizza Bar** **Sub Sandwich Bar** Salads/Wraps Fruit & Veggie Bar 1% White Milk Non-Fat Chocolate Milk	 **Spider Web** **Waffle** **Egg/Hashbrowns** **Burger Bar** **Sub Sandwich Bar** Salads/Wraps Fruit & Veggie Bar 1% White Milk Non-Fat Chocolate Milk

Monday, October 31
Corn Dog **Pizza Bar** **Sub Sandwich Bar** Salads/Wraps Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk

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