



MIDDLE SCHOOL

OCTOBER 2024

Lynden School District

Please be aware that **Only Elementary Meals are 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.

Monday, Sept 30

Corn Dog
 Pizza Bar
 Sub Sandwich Bar

Fruit & Veggies Bar
 1% White Milk
 Non-Fat Chocolate Milk

Tuesday, Oct. 1

Ravioli
 Pizza Bar
 Sub Sandwich Bar

Fruit & Veggies Bar
 1% White Milk
 Non-Fat Chocolate Milk



Wednesday, Oct. 2

Fiesta Bar
 Burger Bar
 Sub Sandwich Bar

Fruit & Veggies Bar
 1% White Milk
 Non-fat Chocolate Milk

LATE ARRIVAL

Thursday, Oct.3

Spud Bowl
 Pizza Bar
 Sub Sandwich Bar

Fruit & Veggies Bar
 1% White Milk
 Non-Fat Chocolate Milk

EARLY RELEASE
 6-8TH ONLY

Friday, Oct. 4

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, Oct. 7

**WAIVER
 DAY
 NO
 SCHOOL**



Tuesday, Oct. 8

Rice Bowl
 Pizza Bar
 Sub Sandwich Bar

Fruit & Veggies Bar
 1% White Milk
 Non-Fat Chocolate Milk

Wednesday, Oct. 10

Fiesta Bar
 Burger Bar
 Sub Sandwich Bar

Fruit & Veggies Bar
 1% White Milk
 Non-Fat Chocolate Milk

LATE ARRIVAL

Thursday, Oct. 11

Spud Bowl
 Pizza Bar
 Sub Sandwich Bar

Fruit & Veggies Bar
 1% White Milk
 Non-Fat Chocolate Milk

Friday, Oct. 12

Chicken & Waffles
 Burger Bar
 Sub Sandwich Bar

Fruit & Veggies Bar
 1% White Milk
 Non-Fat Chocolate Milk



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

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



Monday, Oct. 14	Tuesday, Oct. 15	Wednesday, Oct. 16	Thursday, Oct. 17	Friday, Oct. 18
<p>Corn Dog Pizza Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk</p>	<p>Pasta Bar Pizza Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk</p>	<p>Fiesta Bar Burger Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit & Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p> <p>LATE ARRIVAL</p>	<p>Spud Bowl Pizza Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit & Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p>	<p>Chili w/cinnamon roll Burger Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit & Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p>

Monday, Oct. 21	Tuesday, Oct. 22	Wednesday, Oct. 23	Thursday, Oct. 24	Friday, Oct. 25
<p>Chicken Nuggets Pizza Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk</p>	<p>Rice Bowl Pizza Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit & Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p>	<p>Fiesta Bar Burger Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit & Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p> <p>LATE ARRIVAL</p>	<p>Spud Bowl Pizza Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit & Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p>	<p>Spicy Chicken Wings w/ potato wedges Burger Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit & Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p>

Monday, Oct. 28	Tuesday, Oct. 29	Wednesday, Oct. 30	Thursday, Oct 31	Friday, Nov 1
<p>Corn Dog Pizza Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit & Veggies Bar 1% White Milk Non-Fat Chocolate Milk</p>	<p>Pasta Bar Pizza Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit & Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p>	<p>Fiesta Bar Burger Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit & Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p> <p>LATE ARRIVAL</p>	<p>Spud Bowl Pizza Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit & Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p>	<p>Spider Waffle Egg & sausage Burger Bar Sub Sandwich Bar</p> <p>Salads/Wraps Fruit & Veggie Bar 1% White Milk Non-Fat Chocolate Milk</p>

**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

Happy
Halloween

