



Middle School October 2025

EVERY DAY SELECTS & SUPER FOOD

<p>Served Daily Triple Decker Peanut Butter and Jelly Assorted Fruit Parfait</p> <p>Menu is subject to change</p>	<p>For Nutrition information https://longbranch.nutrislice.com/menu</p>	<p>10/1 Every Day Select Regular or Katsu Chicken Patty on a Bun w/ Fries Super Food Tokyo Teriyaki Noodle Bowl Crispy Chicken Salad w/ Roll Buffalo Chicken Wrap</p>	<p>10/2 Every Day Select Hamburger or Cheeseburger On a Bun Super Food Power UP Bento Box Chicken Caesar Salad w/ Roll Hummus & Veggie Wrap</p>	<p>10/3 Every Day Select Cheese, Pumpkin Alfredo & Margherita Pizza Super Food Chip Dip Bento Box Fiesta Garden Salad w/ Roll Chicken Caesar Wrap Falafel Sandwich</p>
<p>10/6 Every Day Select Golden Grilled Cheese Crispy Fries Super Food Deli Stackable Bento Box Chef Salad w/ Roll Crispy Chicken Wrap</p>	<p>10/7 Every Day Select Cheese, Pepperoni & Buffalo Chicken Pizza Super Food Spicy Turkey Sub Hearty Garden Salad w/ Cheese & Roll Chicken Caesar Wrap</p>	<p>10/8 Every Day Select Regular or Katsu Chicken Patty on a Bun w/ Fries Super Food Tokyo Teriyaki Noodle Bowl Crispy Chicken Salad w/ Roll Buffalo Chicken Wrap</p>	<p>10/9 Every Day Select Hamburger or Cheeseburger On a Bun w/ Fries Super Food Power UP Bento Box Chicken Caesar Salad w/ Roll Hummus & Veggie Wrap</p>	<p>10/10 Every Day Select Cheese, Pumpkin Alfredo & Hawaiian Pizza Super Food Chip Dip Bento Box Fiesta Garden Salad w/ Roll Chicken Caesar Wrap Falafel Sandwich</p>
<p>10/13 School Closed Columbus Day</p>	<p>10/14 Every Day Select Cheese, Pepperoni & Supreme Pizza Super Food Healthy Hummus Bento Box Hearty Garden Salad w/ Cheese & Roll Chicken Caesar Wrap</p>	<p>10/15 Every Day Select Crispy Chicken or Katsu Chicken Patty on a Bun w/ Fries Super Food Tokyo Teriyaki Noodle Bowl Crispy Chicken Salad w/ Roll Buffalo Chicken Wrap</p>	<p>10/16 Every Day Select Hamburger or Cheeseburger On a Bun w/ Fries Super Food Power UP Bento Box Chicken Caesar Salad w/ Roll Hummus & Veggie Wrap</p>	<p>10/17 Every Day Select Cheese, Pumpkin Alfredo & Meat lovers Pizza Super Food Chip Dip Bento Box Fiesta Garden Salad w/ Roll Chicken Caesar Wrap Falafel Sandwich</p>
<p>10/20 Every Day Select Golden Grilled Cheese Crispy Fries Super Food Deli Stackable Bento Box Chef Salad w/ Roll Crispy Chicken Wrap</p>	<p>10/21 Every Day Select Cheese, Pepperoni & Buffalo Chicken Pizza Super Food Spicy Turkey Sub Hearty Garden Salad w/ Cheese & Roll Chicken Caesar Wrap</p>	<p>10/22 Every Day Select Regular or Katsu Chicken Patty on a Bun w/ Fries Super Food Tokyo Teriyaki Noodle Bowl Crispy Chicken Salad w/ Roll Buffalo Chicken Wrap</p>	<p>10/23 Every Day Select Hamburger or Cheeseburger On a Bun w/ Fries Super Food Power UP Bento Box Chicken Caesar Salad w/ Roll Hummus & Veggie Wrap</p>	<p>10/24 Every Day Select Cheese, Pumpkin Alfredo & Margherita Pizza Super Food Chip Dip Bento Box Fiesta Garden Salad w/ Roll Chicken Caesar Wrap Falafel Sandwich</p>
<p>10/27 Every Day Select Crispy Chicken or Chicken Katsu Sandwich Crispy Fries Super Food Deli Stackable Bento Box Chef Salad w/ Roll Crispy Chicken Wrap</p>	<p>10/28 Every Day Select Cheese, Pepperoni & Supreme Pizza Super Food Healthy Hummus Bento Box Hearty Garden Salad w/ Cheese & Roll Chicken Caesar Wrap</p>	<p>10/29 Every Day Select Regular or Katsu Chicken Patty on a Bun w/ Fries Super Food Tokyo Teriyaki Noodle Bowl Crispy Chicken Salad w/ Roll Buffalo Chicken Wrap</p>	<p>10/30 Every Day Select Hamburger or Cheeseburger On a Bun w/ Fries Super Food Power UP Bento Box Chicken Caesar Salad w/ Roll Hummus & Veggie Wrap</p>	<p>10/31 Every Day Select Cheese, Pumpkin Alfredo & Hawaiian Pizza Super Food Chip Dip Bento Box Fiesta Garden Salad w/ Roll Chicken Caesar Wrap Falafel Sandwich</p>

SIDES OFFERED DAILY WITH LUNCH CHOICES

Assorted Fresh Fruits and Vegetables, Assorted Low Fat and Skim Milk
Assorted 100% Fruit Juice

discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice)

or (202) 720-6302 (TDD). USDA is an equal opportunity provider and employer.