

HASTINGS MIDDLE SCHOOLS

October 2016 Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Popcorn Chicken & Herbed Rotini <i>OR</i> Pepperoni Pizza Corn Tossed Salad w/Dressing Fruit Choices	6 Mini Pancakes w/Sausage Links <i>OR</i> Chicken Tenders w/Garlic Toast Tator Tots Fresh Vegetables w/Dip Fruit Choices	7 Orange Chicken w/Brown Rice <i>OR</i> Macaroni & Cheese w/Sun Chips Steamed Broccoli Florettes Carrots w/Dip Fruit Choices	8 Garlic Cheese French Bread w/Marinara <i>OR</i> Cubano Sandwich w/Waffle Fries (NEW!) California Blend Vegetables Caesar Salad Fruit Choices	9 Cheese/Hamburger on Bun <i>OR</i> Beef Hot Dog on Bun Baked Beans Baked French Fries Fruit Choices
12 Soft Shell Beef Tacos <i>OR</i> Grilled Quesadilla Corn Fresh Veggie Taco Toppings Fruit Choices	13 French Toast Sticks w/Sausage Links & Tri Tator <i>OR</i> Teriyaki Chicken w/Brown Rice & Steamed Broccoli Fresh Vegetables w/Dip Fruit Choices	14 Spaghetti w/Meatsauce– No Alternate Garlic Toast Green Beans Caesar Salad Fruit Choices	15 Chicken N’ Gravy w/Mashed Potatoes & Dinner Roll <i>OR</i> Corn Dog w/Baked Fries Corn Fruit Choices Mini Rice Krispie Treat	16 Pepperoni Pizza <i>OR</i> Cheeseburger on Bun California Blend Vegetables Baked Beans Frozen Fruit Cup Fruit Choices
19 Mini Pancakes w/Sausage Links <i>OR</i> Mozzarella Pizza Sticks w/Marinara Sauce Breakfast Potatoes Froot Juice Fruit Choices	20 Mandarin Chicken w/Brown Rice & Steamed Broccoli <i>OR</i> Hot Italian Sandwich w/Sauce & Spiral Potatoes (NEW!) Coleslaw Fruit Choices	21 <p style="text-align: center;">NO SCHOOL</p>	22 <p style="text-align: center;">NO SCHOOL</p>	23 <p style="text-align: center;">NO SCHOOL</p>
26 Chicken Patty on Bun <i>OR</i> Fettuccini Chicken Alfredo Broccoli Fresh Vegetables w/Dip Fruit Choices	27 Cheeseburger on Bun <i>OR</i> Chicken Tenders & Cornbread Spiral Potatoes Caesar Salad Fruit Choices	28 Super Nacho Supreme– No Alternate Fresh Veggie Nacho Toppings Refried Beans Fruit Choices	29 Chicken Smackers <i>OR</i> Chicken Drumstick Dinner Roll Mashed Potatoes w/Gravy Garden Salad w/Dressing Fruit Choices	30 Mozzarella Pizza Sticks w/Marinara Sauce <i>OR</i> Chicken Nuggets w/Garlic Breadstick Glazed Carrots Caesar Salad Fruit Choices