

# OCTOBER 2022

Middle School of Poplarville

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Week 4

Spaghetti  
Fruit and Yogurt Plate  
Green Beans  
Steamed Carrots  
Texas Toast  
Fruit  
Fruit Juice  
Assorted Milk

Chicken Fajitas  
Chef Salad  
Steamed Carrots  
Green Peas  
Fruit  
Fruit Juice  
Assorted Milk  
Salsa, Sour Cream, Salad Dressing  
Cookie

Nachos Grande  
Ham and Cheese on Bun  
Corn  
Broccoli  
Fiesta Rice  
Fruit  
Fruit Juice  
Assorted Milk  
Mayonnaise, Mustard, Taco Sauce

Salisbury Steak  
Chef Salad  
Mashed Potatoes w/ Gravy  
Baked Beans  
Roll  
Fruit  
Fruit Juice  
Assorted Milk  
Salad Dressing

Corndog Nuggets  
Tuna Salad Salad/Crackers  
French Fries  
California Vegetables  
Cookie  
Fruit  
Fruit Juice  
Assorted Milk  
Ketchup, Mustard

Week 1

Cheeseburger  
Fruit and Yogurt Plate  
French Fries  
Baked Beans  
Fruit  
Fruit Juice  
Assorted Milk  
Ketchup, Mayonnaise, Mustard

Chicken Tenders  
Chef Salad  
Mashed Potatoes  
Cucumber Slices w/ Ranch  
Fruit  
Roll  
Fruit Juice  
Assorted Milk  
Salad Dressing, Crackers, Dipping Sauce

Taco Soup  
Chef Salad  
Baby Carrots w/ Ranch  
Corn  
Fruit  
Fruit Juice  
Assorted Milk  
Crackers, Salad Dressing  
Cookie

Chicken Spaghetti  
Chef Salad  
Green Beans  
Peas and Carrots  
Texas Toast  
Fruit  
Fruit Juice  
Assorted Milk

Pizza  
Chicken Salad Salad  
Tater Tots  
Black Eyed Peas  
Fruit  
Fruit Juice  
Assorted Milk  
Ketchup, Crackers  
Cookie

Week 2

Beef Tacos  
Fruit and Yogurt Plate  
Corn  
Refried Beans  
Fruit  
Fruit Juice  
Assorted Milk  
Taco Sauce

Cheesy Chicken over Rice  
Ham and Cheese Wrap  
Lima Beans  
Yam Patty  
Fruit/Fruit Juice  
Assorted Milk  
Roll  
Mayonnaise, Mustard  
Cookie

Pulled Pork Sandwiches  
Chef Salad  
Coleslaw  
Baked Beans  
Fruit/Fruit Juice  
Milk  
Salad Dressing  
Cookie

Chicken Sandwich  
Chef Salad w/ Crackers  
Sweet Potato Fries  
Cucumbers w/ Ranch  
Fruit/Fruit Juice  
Assorted Milk  
Ketchup, Mayonnaise, Mustard  
Salad Dressing

No School  
  
Fall Break

Week 3

Chicken Alfredo  
Fruit and Yogurt Plate  
Lima Beans  
Yam Patty  
Fruit  
Texas Toast  
Fruit Juice  
Milk

Chicken Tenders  
Chef Salad/Crackers  
Black-Eyed Peas  
Baby Carrots w/ Ranch  
Fruit/Fruit Juice  
Assorted Milk  
Roll  
Ketchup, Dipping Sauces  
Salad Dressing

Chili Cheese Corn Chips  
Turkey and Cheese on Bun  
Corn  
Green Peas  
Fiesta Rice  
Fruit/Fruit Juice  
Assorted Milk  
Mayonnaise, Mustard

Hamburger Steak  
American Sub  
Mashed Potatoes/Gravy  
Green Beans  
Fruit/Fruit Juice  
Roll  
Assorted Milk  
Salad Dressing

Chili Dogs  
Chef Salad w/ Crackers  
French Fries  
California Vegetables  
Fruit/Fruit Juice  
Assorted Milk  
Ketchup, Mustard, Mayonnaise  
Cookie

Week 4

Grab and Go Lunch  
Uncrustable Sandwich (peanut free)  
Chips  
Mozzarella String Cheese  
Apple  
Fruit Juice  
Milk