

OCTOBER 2019

TAS Middle School 6th-8th Grade

All students receive one free lunch per day.

All Students will have a pizza and salad option daily.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Tamales Pinto Beans Rice Cucumber and Jicama Apples Milk- 1% or Fat Free	2 Beef Teriyaki Brown Rice Carrots and Broccoli Peaches Milk – 1% or Fat Free	3 Baked Pasta Bread Stick Garden Salad Cherry Tomatoes Grapes Milk – 1% or Fat Free	4 Beef Chalupa Bowl Jicama and Cucumber Black Bean Salad Apples Milk -1% or Fat Free
7 Chicken Tenders Corn Mashed Potatoes Plums Milk- 1% or Fat Free	8 Beef Nachos Pinto Beans Salsa Apples Milk- 1% or Fat Free	9 Chicken Verde w/ Brown Rice & Tortillas Black Beans & Corn Peach Cups Milk – 1% or Fat Free	10 Corn Dog Celery Sticks Baby Carrots Apples Milk – 1% or Fat Free	11 Vegetarian Lasagna Garden Salad Dinner Roll Broccoli w/ Ranch Grapes Milk – 1% or Fat Free
14 No School	15 Chicken Alfredo w/ Penne Pasta & Diner Roll Garden Salad Cherry Tomatoes Fruit Cups Milk – 1% or Fat Free	16 Chicken Patty Sandwich Potato Puffs Carrot Sticks Banana Milk- 1% or Fat Free	17 Bean and Cheese Burritos Black Bean Salad Jicama Sticks Pears Milk – 1% or Fat Free	18 Chicken Tostada Bowl Salad Dinner Roll & Broccoli Corn Cob Apples Milk – 1% or Fat Free
21 Beef Chalupa Pinto Beans Cucumber Salad Apples Milk – 1% or Fat Free	22 Chicken Tamales Rice & Corn Carrots Pears Milk – 1% or Fat Free	23 Corn Dogs Pesto Pasta Salad Potato Salad Broccoli Banana Milk -1% or Fat Free	24 Chicken and Waffles Cucumber Salad Celery Sticks Grapes Milk – 1% or Fat Free	25 Baked Salmon w/ Romaine Lettuce and Diced Tomatoes, Corn and Cheese & 2 Dinner Roll Apples Milk – 1% or Fat Free
28 Bean and Cheese Burritos Corn Jicama Sticks Pears Milk – 1% or Fat Free	29 Beef Nachos Pinto Beans Salsa Apples Milk- 1% or Fat Free	30 Meatball Sandwich Carrot Sticks Broccoli Banana Milk – 1% or Fat Free	31 Hot Dogs Corn Bread Muffin Chili Beans Corn Apples Milk – 1% or Fat Free	