

October 2017 Middle School Menu — Port Neches Groves ISD

Menu subject to change due to availability of food items. * May contain pork —Child must take fruit or juice with breakfast item
Available daily at breakfast: Assorted cereals, Fruit juice & Pop-Tarts - All meals offer assorted fat free flavored milk or 1% white milk

Mon	Tue	Wed	Thu	Fri
<p>Student Holiday 2</p>	<p>3 Pancake on a stick* ~~~~~ Meatballs or Teriyaki Chicken, Rice with gravy, California blend vegetables, Corn, Pineapple, Fresh fruit</p>	<p>4 Honey Bun ~~~~~ Nachos or Corndog, Romaine salad with tomatoes, Black beans, Mandarin oranges, Fresh fruit</p>	<p>5 Cream cheese mini bagel ~~~~~ Pizza or Chicken Fried Steak, Carrots, Broccoli, Applesauce, Fresh fruit, Cookie</p>	<p>6 Mini pancakes ~~~~~ Cheese pizza or Link on a bun, Steamed red potatoes, Baked beans, Pears, Fresh fruit</p>
<p>9 Breakfast Bagel* ~~~~~ Steakfingers or Ribs, Garlic breadstick, Mashed potatoes with gravy, Spinach salad, Peaches, Fresh fruit</p>	<p>10 Cocoa cherry bar & Yogurt ~~~~~ Buffalo chicken pizza or Hotdog on a bun, Italian blend vegetables, Black eyed peas, Pineapple, Fresh fruit</p>	<p>11 Egg & Cheese Wrap ~~~~~ Lasagna or Spaghetti, Green beans, Corn, Breadstick, Mandarin oranges, Fresh fruit</p>	<p>12 Cinnamon French Toast ~~~~~ Frito Pie or Quesadilla, Sweet potato fries, Pinto beans, Applesauce, Fresh fruit, Cookie</p>	<p>13 Banana bread ~~~~~ Fish sticks or Hot Ham* & Cheese, Cucumber and tomatoes, Squash, Pears, Fresh fruit</p>
<p>16 Breakfast pizza* ~~~~~ Spicy Chicken Burger or Sloppy Joe, Curly Fries, Lima beans, Peaches, Fresh fruit</p>	<p>17 Blueberry Bagel ~~~~~ Meatballs or Turkey Pot Roast, Ricke with gravy, Yams, Sweet Peas, Pineapple, Fresh fruit, Cookie</p>	<p>18 Sausage Biscuit* ~~~~~ Turkey Pepperoni Pizza or Chicken Fajita Taco, Corn, Broccoli, Mandarin oranges, Fresh fruit</p>	<p>19 Omelet w/Tortilla ~~~~~ Cheese nachos or Ribs with a bun, Romaine salad with tomatoes, Pinto beans, Applesauce, Fresh fruit</p>	<p>20 Donut Minis ~~~~~ Asian bowl with chicken and rice or Pizza sticks with marinara, Zucchini, Stir fry vegetables, Pears, Fresh fruit</p>
<p>23 Cinna mini roll ~~~~~ Oven fried chicken or Red beans with Turkey Sausage, Rice, Corn muffin, Scaloped potatoes, Broccoli, Peaches, Fresh fruit</p>	<p>24 Cheese stuffed pizza stick ~~~~~ Buffalo chicken pizza or Burrito, Corn, Green beans, Pineapple, Fresh fruit, Cookie</p>	<p>25 Manager's Choice</p>	<p>26 Waffles ~~~~~ Spaghetti with Meatballs or Chicken Nuggets, Green salad with tomatoes, Squash, Applesauce, Fresh fruit</p>	<p>27 Honey Bun ~~~~~ Fish burger or Chili Dog, French fries, Coleslaw, Pears, Fresh Fruit</p>
<p>30 Breakfast Pizza* ~~~~~ Salisbury steak with gravy or Chicken tenders, Roll, Mashed potatoes, Green beans, Sliced Peaches, Fresh fruit</p>	<p>31 Scrambled Egg & Tortilla ~~~~~ Mandarin Chicken with gravy, Rice, Black-eyed peas, Stir fry vegetables, Pineapple, Fresh fruit</p>			