

# MIDDLE SCHOOL MENU

## October 2018

*Entrees include salad bar & choice of 1% white and non-fat chocolate milk. Salad bars feature a variety of options and may include...Garden Salad, Caesar Salad, Broccoli Florets, Cauliflower, Celery Sticks, Carroteenies, Cucumber Coins, Cherry Tomatoes, Apples, Orange Wedges, Chilled Peaches, Diced Pears, Red Grapes, Applesauce, Mandarin Oranges, Pineapple Tidbits, Mixed Fruit, Watermelon, Pluots and other seasonal favorites!*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>1. Orange Glazed Chicken</b> Steamed Rice & Veggies <b>2. Pepperoni or Cheese Pizza</b>  <i>Salad Bar</i>	<b>2</b> <b>1. BBQ Pulled Pork Sandwich</b> Tater Tots <b>2. Cheeseburger</b>  <i>Salad Bar</i>	<b>3</b> <b>1. Penne Pasta Bar</b> Meatballs and sauce Chicken Alfredo Marinara Garlic Toast <b>2. Big Daddy Pizza</b> Pepperoni or Cheese  <i>Salad Bar</i>	<b>4</b> <b>1. Nachos</b> Beef, Refried Beans, Nacho Cheese, Salsa & Sour Cream <b>2. Chicken Burger</b>  <i>Salad Bar</i>	<b>5</b> <b>1. Buffalo Chicken or Cheese Pizza</b> <b>2. BBQ Rib Sandwich</b>  <i>Salad Bar</i>
<b>8</b> <b>1. Thai Sweet Chili Chicken</b> Steamed Rice Steamed Vegetables <b>2. Pepperoni or Cheese Pizza</b>  <i>Salad Bar</i>	<b>9</b> <b>1. Chicken Strips</b> Mashed Potatoes Gravy Dinner Roll <b>2. Cheeseburger</b>  <i>Salad Bar</i>	<b>10</b> <u>ACT-Early Release</u> <b>1. Pasta Bar</b> Meatballs and Sauce Chicken Alfredo Marinara Bread Stick <b>2. Big Daddy Pizza</b> Pepperoni or Cheese  <i>Salad Bar</i>	<b>11</b> <b>1. Chili Con Carne</b> Cinnamon Roll <b>2. Chicken Burger</b>  <i>Salad Bar</i>	<b>12</b> <b>1. Pizza Rippers</b> Pepperoni & Cheese <b>2. Chicken Burrito</b>  <i>Salad Bar</i>
<b>15</b> <b>1. Breaded Chicken Drumstick</b> Cornbread Muffin <b>2. Pepperoni or Cheese Pizza</b>  <i>Salad Bar</i>	<b>16</b> <b>1. Philly Cheese Steak Sandwich</b> <b>2. Chicken Burger</b>  <i>Salad Bar</i>	<b>17</b> <b>1. Penne Pasta Bar</b> Meatballs and Sauce Chicken Alfredo Marinara Garlic Toast <b>2. Big Daddy Pizza</b> Pepperoni or Cheese  <i>Salad Bar</i>	<b>18</b> <b>1. Orange Glazed Chicken</b> Steamed Rice & Veggies <b>2. Cheeseburger</b>  <i>Salad Bar</i>	<b>19</b> <b>1. Buffalo Chicken or Cheese Pizza</b> <b>2. BBQ Rib Sandwich</b>  <i>Salad Bar</i>
<b>22</b> <u>1/2 Day</u> <b>1. Spicy Chicken Burger</b> <b>2. Pepperoni or Cheese Pizza Rippers</b>  <i>Salad Bar</i>	<b>23</b> <u>1/2 Day</u> <b>1. Mozzarella Stuffed Bread Sticks</b> w/ Marinara Sauce <b>2. Chicken Burger</b>  <i>Salad Bar</i>	<b>24</b> <u>1/2 Day</u> <b>1. Chicken Burrito</b> <b>2. Big Daddy Pizza</b> Pepperoni or Cheese  <i>Salad Bar</i>	<b>25</b> <u>1/2 Day</u> <b>1. Chicken Quesadilla</b> <b>2. Cheeseburger</b>  <i>Salad Bar</i>	<b>26</b> <u>1/2 Day</u> <b>1. BBQ Rib Sandwich</b> <b>2. Pepperoni or Cheese Pizza Rippers</b>  <i>Salad Bar</i>
<b>29</b> <b>1. Soft Shell Taco</b> Beef, Refried Beans, Lettuce, Tomato, Sour Cream & Salsa Churro <b>2. Pepperoni or Cheese Pizza</b>  <i>Salad Bar</i>	<b>30</b> <b>1. Chicken Strips</b> Oven Baked Tater Tots Garlic Toast <b>2. Cheeseburger</b>  <i>Salad Bar</i>	<b>31</b> <u>ACT-Early Release</u> <b>1. Penne Pasta Bar</b> Meatballs and sauce Chicken Alfredo Marinara Bread Stick <b>2. Big Daddy Pizza</b> Pepperoni or Cheese  <i>Salad Bar</i>	<b>Meal Payments Online</b> <i>You may now pay online for some of your student's fees, fines, and lunch payments! There is a \$2 fee FOR EVERY SHOPPING TRIP. You can make multiple school purchases for multiple students and the fee will only be assessed once upon checkout. Please find the link on the district's website at <a href="http://www.nthurston.k12.wa.us">www.nthurston.k12.wa.us</a>.</i>	



### Quick Stop

### Offered Daily

**Fruit & Yogurt Parfaits**

**Deli Sandwiches**

**Wraps**

**Entrée Salads**

### Meal Prices

#### BREAKFAST

Elementary	\$1.60
Secondary	\$1.75
Reduced Price	\$0.00
Adult	\$2.50
Milk	\$0.50

#### LUNCH

Elementary	\$2.75
Secondary	\$3.00
Reduced K-3	\$0.00
Reduced 4-12	\$0.40
Adult	\$3.75



This institution is an equal opportunity provider and employer. Menu subject to change. All food served in our schools may contain or be manufactured or prepared in close proximity to products containing known allergens, such as peanuts.



# Free & Reduced-Price Meals

## IMPORTANT: Completed your Free and Reduced-Price Meal Application for the 2018-19 school year

To continue receiving free or reduced price meals, a new application must be filled out every year. If you haven't completed your households' application, please do so immediately. All students without a current year application will change to **FULL PRICE meals on October 18<sup>th</sup>**.

**Apply Online Through Family Access**



**Login to your Skyward Family Access account and follow these steps:**

1. Click "**Food Service**" on the left-hand side menu.
2. Along the top of the page, click the drop-down box next to "**All Students**" and **select a student** from your household - *you will only need to fill out one application for your household.*
3. Click the "**Applications**" link located along the top of this new page.
4. Click the "**Add Application**" link.
5. Follow the prompts to complete and submit an application.

**\*\*You will receive an email once your application has been processed and your eligibility will be updated in Family Access.**

Paper applications are available at all schools, the District Office, and Food and Nutrition Service. A downloadable application is available on our website [www.nthurston.k12.wa.us](http://www.nthurston.k12.wa.us).

### **Special Dietary Needs:**

It's our goal to provide students with the safest food and eating environment possible. Working together with parents, school nurses, and other student support staff, we can help create a plan to meet special dietary needs. Please visit our website or contact us with questions regarding

**For more information, contact the  
Food and Nutrition Services Department at:  
360-412-4446**

