

Anacortes Middle School

Menus
for

October
2019

This institution is an equal opportunity provider.

Available

M-T--Th-F

Pepperoni /Cheese Pizza

Garden Bar A Variety Of Fresh Fruits & Veggies

Turkey or Ham Sub Sandwich

Chicken Caesar Boxed Salad/T & Th Spinach Salads : Oriental Salad

Protein Packs:

1. PB&J Sandwich, String Cheese, Goldfish Crackers

2. Muffin-Yogurt, String Cheese

Both With A Trip Through The Garden Bar

BREAKFAST ITEMS:

Benefit Bar, Sausage & Cheese or Egg & Cheese Sandwich, Breakfast Burrito, Oatmeal Cinnamon Bar-Banana-Pumpkin Bread -PB&J, Bagel w/Cream Cheese Yogurt Parfaits, Cinn. Bun, Cereals

***Not all options will be available every day but will rotate regularly

Featured Specials of the Day

Tuesday, October 1

Taco Seasoned Turkey Meat
Nacho Cheese Sauce WG Corn Tortilla

Wednesday, October 2

Chicken Burger Or Cheeseburger,
W/Seasoned Fries

Thursday, October 3

Harvest Lunch

Pulled Pork Sliders
Roasted Local Potatoes/Carrots
Apple Crisp
Apple Slaw W/local Apples From White
Stone Mountain Orchard

Friday, October 4

Penne Pasta w/ Meat Sauce or Chicken Alfredo
W/Garlic Toast

**The original value meal
& still a fantastic deal!**

Breakfast
\$1.90

Lunch
\$3.25

Get in touch with us to learn more about free and
reduced-price meals . jmaltsberger@asd103.org

TAKE A HIKE?

Lots of us are probably feeling a candy binge coming on this month. OK. But for every 2 little "fun size" candies you eat, you need to hike 30 minutes to work off the calories. So take it easy - or take a hike!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Monday, October 7

Mandarin Orange Chicken
Or Beef Teriyaki Dippers
Served Over Fried Rice w/Fortune Cookie

Tuesday, October 8

Taco Seasoned Turkey Meat
Nacho Cheese Sauce WG Corn Tortilla

Wednesday, October 9

Our Made form Scratch Chicken Yakisoba
Chicken Burger W/Seasoned Fries

Thursday, October 10

Mozzarella Cheese Sticks Or Chicken Nuggets
& Garlic Toast Served
With Roasted Potatoes

Friday, October 11

Penne Pasta w/ Meat Sauce or Chicken Alfredo
W/Garlic Toast

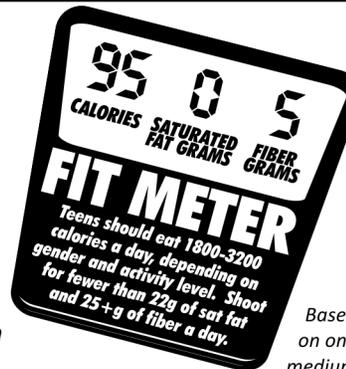
eat fit

wanna stay fit?
gotta eat right!



item: fresh apple
verdict: why stop at one a day?

tip: October is a great month for crisp, fresh, local apples in many parts of the U.S., so try to eat one every day. Better yet, eat two and keep a couple of doctors away! Need more incentive? Apples actually help clean your mouth and keep your breath smelling fresh.



Based on one medium apple.

Featured Specials of the Day

Thursday, October 24

Beef Stroganoff

Buffalo Bites Served
With Roasted Potatoes

Friday, October 25

Penne Pasta w/ Meat Sauce or Chicken Alfredo
W/Garlic Toast

Monday, October 28

Mandarin Orange Chicken
Or Beef Teriyaki Dippers
Served Over Fried Rice w/Fortune Cookie

Tuesday, October 29

Taco Seasoned Turkey Meat
Nacho Cheese Sauce WG Corn Tortilla

Wednesday, October 30

Chicken Burger Or Cheeseburger,
W/Seasoned Fries

Thursday, October 31

Witches Brew (Chili)
Mummy Cake (Cinnamon Roll)

Mozzarella Cheese Sticks Served
With Roasted Potatoes

Featured Specials of the Day

Friday, October 18

Penne Pasta w/ Meat Sauce or Chicken Alfredo
W/Garlic Toast

Monday, October 21

Mandarin Orange Chicken
Or Beef Teriyaki Dippers
Served Over Fried Rice w/Fortune Cookie

Tuesday, October 22

Taco Seasoned Turkey Meat
Nacho Cheese Sauce WG Corn Tortilla

Wednesday, October 23

Hamburger Patty French Dip Sandwich
Chicken Burger W/Seasoned Fries

Monday, October 14

Mandarin Orange Chicken
Or Beef Teriyaki Dippers
Served Over Fried Rice w/Fortune Cookie

Tuesday, October 15

Taco Seasoned Turkey Meat
Nacho Cheese Sauce WG Corn Tortilla

Wednesday, October 16

Chicken Burger Or Cheeseburger,
W/Seasoned Fries

Thursday, October 17

Fajita Chicken w/Roasted Vegetables
Rice Bowl

Mozzarella Cheese Sticks Served
With Roasted Potatoes

