

Menu subject to change  
without notice

# Middle School

Oct-18

Converse County School #1 is  
an equal opportunity provider  
and employer

Monday, October 1, 2018	Tuesday, October 2, 2018	Wednesday, October 3, 2018	Thursday, October 4, 2018	Friday, October 5, 2018
Breaded Chicken Sandwich Sandwich of the Day Italian Ice	<b>Beef Lasagna</b> Fresh Baked Breadsticks Sandwich of the Day	Mini Corndogs Sandwich of the Day Popcorn	Homemade Baked Ham and Cheese Sandwich of the Day Seasoned Cauliflower	BBQ Rib on a Hoagie Sandwich of the Day Potato Smiles
<b>Beef Donated By Joe and Karen Rankin of J.S. Rankin Ranch</b>				
Monday, October 8, 2018	Tuesday, October 9, 2018	Wednesday, October 10, 2018	Thursday, October 11, 2018	Friday, October 12, 2018
Breaded Chicken Nuggets Fresh Baked Breadsticks Sandwich of the Day Steamed Green Beans	<b>Beefy Nachos</b> Sandwich of the Day	Peperoni Pizza Sandwich of the Day Homemade Apple Crisp	Homemade Chicken & Noodles Fresh Baked Rolls Sandwich of the Day Mashed Potatoes	Pancakes and Sausage Sandwich of the Day Yogurt
<b>Beef Donated By Aaron Clausen</b>				
Monday, October 15, 2018	Tuesday, October 16, 2018	Wednesday, October 17, 2018	Thursday, October 18, 2018	Friday, October 19, 2018
Chicken Fried Beef Stk Sandwich Sandwich of the Day Steamed Green Beans	<b>Homemade Pizza</b> Sandwich of the Day Pudding	Breaded Fish Fillet Sandwich of the Day Tater Tots	<b>Homemade Chili</b> Sandwich of the Day Homemade Cinnamon Rolls	Popcorn Chicken Fresh Baked Garlic Toast Sandwich of the Day Seasoned Broccoli
<b>Italian Sausage Donated By Paul Snyder of Express Disposal</b>			<b>Beef Donated By Troy and Katie Scott</b>	
Monday, October 22, 2018	Tuesday, October 23, 2018	Wednesday, October 24, 2018	Thursday, October 25, 2018	Friday, October 26, 2018
Burritos Sandwich of the Day	<b>Sloppy Joe</b> Sandwich of the Day Cottage Cheese Green Beans	Hamburgers Sandwich of the Day Steamed Corn	Grilled Cheese Sandwich Sandwich of the Day Tomato Soup	<b>No School</b>
<b>Beef Donated By Jay and Linda Butler of Pronghorn Ranch</b>				
Monday, October 29, 2018	Tuesday, October 30, 2018	Wednesday, October 31, 2018	Thursday, November 1, 2018	Friday, November 2, 2018
<b>Beef Tacos</b> Sandwich of the Day Fresh Baked Cookies	Meatball Submarine Sandwich Sandwich of the Day French Fries	Mummy Dogs Sandwich of the Day Seasoned California Blend Veggies		
<b>Beef Donated By Tom Liftman of Belle Fourche Pipeline</b>				

Menu subject to change  
without notice

# Middle School

## Daily Vegetable and Fruit Choices

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Milk</b></p> <p><b>Salad Bar</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p><b>Daily Veggie Medley</b> can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green &amp; red peppers lettuce blend</p> <p><b>Red/Orange veggie choice</b> can be: tomatoes, red pepper, carrots, sweet potatoes, pumpkin</p> <p><b>Fresh Fruit</b> can be: apples, bananas, oranges, and other seasonal fruits</p> <p><b>Canned Fruit</b> can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p>	<p><b>Milk</b></p> <p><b>Salad Bar</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p><b>Daily Veggie Medley</b> can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green &amp; red peppers lettuce blend</p> <p><b>Bean/Peas</b> can be: blackeyed peas black beans, baked beans kidney, garbanzo, pinto</p> <p><b>Fresh Fruit</b> can be: apples, bananas, oranges, and other seasonal fruits</p> <p><b>Canned Fruit</b> can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p>	<p><b>Milk</b></p> <p><b>Salad Bar</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p><b>Daily Veggie Medley</b> can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green &amp; red peppers</p> <p><b>Dark Green Veg</b> can be: Romaine Lettuce or Spinach</p> <p><b>Fresh Fruit</b> can be: apples, bananas, oranges, and other seasonal fruits</p> <p><b>Canned Fruit</b> can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p>	<p><b>Milk</b></p> <p><b>Salad Bar</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p><b>Daily Veggie Medley</b> can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green &amp; red peppers lettuce blend</p> <p><b>Fresh Fruit</b> can be: apples, bananas, oranges, and other seasonal fruits</p> <p><b>Canned Fruit</b> can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p>	<p><b>Milk</b></p> <p><b>Salad Bar</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p><b>Daily Veggie Medley</b> can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green &amp; red peppers lettuce blend</p> <p><b>Fresh Fruit</b> can be: apples, bananas, oranges, and other seasonal fruits</p> <p><b>Canned Fruit</b> can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p>

Low-fat Unflavored and Fat-free Flavored Milk Offered Daily

FRUIT AND VEGETABLE CHOICES ARE ALL YOU CAN EAT