

SEPTEMBER 2019

NYSSA MIDDLE SCHOOL

Monday

 NO SCHOOL **2**
Tuesday
3
 CHICKEN & GRAVY
 CREAMY POTATOES
 WHOLE GRAIN BISCUIT
 CRISP ROMAINE LETTUCE
 SWEET PEAS
 APPLESAUCE

Wednesday
4
 PEPPERONI PIZZA
 CRISP ROMAINE LETTUCE
 BABY CARROTS
 ORANGE WEDGES

Thursday
5
 CHICKEN PATTY
 WHOLE GRAIN BUN
 CRISP ROMAINE LETTUCE
 CUCUMBER COINS
 PEAR SLICES

Friday
6
 CORN DOGS
 CRISP ROMAINE LETTUCE
 RED BELL PEPPER SPEARS
 BAKED BEANS
 PINEAPPLE TIDBITS

9
 TAMALES
 CRISP ROMAINE LETTUCE
 JUICY TOMATOES
 PINTO BEANS
 SLICED PEACHES

10
 CHICKEN NUGGETS
 FRENCH FREIS
 CRISP ROMAINE LETTUCE
 CUCUMBER COINS
 APPLESAUCE

11
 ITALIAN SPAGHETTI WITH
 MEAT SAUCE
 WHOLE GRAIN BREAD
 CRISP ROMAINE LETTUCE
 ORANGE WEDGES

12
 HOT DOG
 WHOLE GRAIN BUN
 CRISP ROMAINE LETTUCE
 BAKED BEANS
 SLICED PEARS

13
 LASAGNA
 WG BREAD STICK
 CRISP ROMAINE LETTUCE
 BAKED BEANS
 MANDARIN ORANGES

16
 SWEET N SOUR CHICKEN
 BROWN RICE
 CRISP ROMAINE LETTUCE
 BROCCOLI FLORETS
 SLICED PEACHES

17
 BEEF TACOS
 WG FLOUR TORTILLA
 CRISP ROMAINE LETTUCE
 BELL PEPPER SPEARS
 APPLESAUCE

18
 HAMBURGER PATTY
 WHOLE GRAIN BUN
 CRISP ROMAINE LETTUCE
 BAKED BEANS
 BABY CARROTS
 ORANGE WEDGES

19
 CHILI CON CARNE & BEANS
 WHOLE GRAIN CORN-
 BREAD
 CRISP ROMAINE
 CUCUMBER COINS
 PEAR SLICES

20
 NO SCHOOL

23
 GRILLED CHEESE
 SANDWICH
 CRISP ROMAINE LETTUCE
 CUCUMBER COINS
 BAKED BEANS
 SLICED PEACHES

24
 CHICKEN & NOODLES
 WHOLE GRAIN BISCUITS
 CRISP ROMAINE LETTUCE
 SWEET PEAS
 APPLESAUCE

25
 BBQ RIB SANDWICH
 WHOLE GRAIN BUN
 CRISP ROMAINE LETTUCE
 FARM FRESH TOMATOES
 ORANGE WEDGES

26
 SLOPPY JOES
 WHOLE GRAIN BUN
 CRISP ROMAINE LETTUCE
 BROCCOLI SPEARS
 SLICED PEARS

27
 FISH NUGGETS
 BROWN RICE
 CRISP ROMAINE LETTUCE
 WHOLE KERNEL CORN
 MANDARIN ORANGES

30
 BEAN & CHEESE BURRITO
 CRISP ROMAINE LETTUCE
 BROCCOLI FLORETS
 RED KIDNEY BEANS
 SLICED PEACHES


This institution is an equal opportunity provider.
 All lunches are served with a choice of 1% white or fat free chocolate milk.
 Each school has a fully stocked salad bar, with fresh fruits and vegetables.

