

This menu is subject to change without advanced notice. If you have questions, comments or concerns contact the Food Service Office at 589-7150

OCTOBER 2021

SPENCER VAN ETEN MIDDLE SCHOOL



This institution is an equal opportunity employer & provider

Monday

Tuesday

Wednesday

Thursday

Friday

Available daily options:
 PBJ Sandwich
 Meat chef salad w/bread choice
 Vegetarian chef salad w/bread choice
 Yogurt Cups w/bread choice
 Fruit and Vegetable Choices
 Assorted Milk

4
 French Toast Sticks
 w/Sausage
 Tater Tots
 Carrots

5
 Beef or Bean Walking Taco
 w/Rice
 Golden Sweet Corn
 Refried Beans

6
 Chicken Patty on a Bun
 Steamed Broccoli

7
 Homemade Macaroni &
 Cheese w/bread choice
 Green Beans

1
 Pizza Dunkers
 w/ Marinara
 Baby Carrots

11

 HAPPY
Columbus
 Day

12
 Italian Grilled Chicken
 on a bun
 Golden Sweet Corn

13
 Toasted Cheese Sandwich
 Hot Tomato Soup

14
 Homestyle Chicken Bowl
 Fresh Green Pepper Strips

8
 Ultimate Cheese
 Breadstick w/Marinara
 Fresh Baby Carrots

15
 Cheese or Pepperoni Pizza
 Fresh Baby Carrots

18
 Crispy Breaded
 Chicken Tenders
 Carrots

19
 Hot Dog on a Bun
 Baked Beans

20
 Asian Beef w/Rice
 Steamed Broccoli

21
 Mozzarella Sticks w/Pasta
 & Marinara Sauce
 Fresh Green Pepper Strips

22
 Pizza Dunkers
 w/ Marinara Sauce
 Fresh Baby Carrots

25
 I
 Italian Meatball Sub
 Carrots

26
 Beef or Bean Nachos
 Golden Sweet Corn
 Refried Beans

27
 BBQ Pulled Pork
 on a Bun
 Broccoli

28
 Turkey & Gravy
 Mashed Potatoes
 Green Beans

29
 Chicken Spiedie Sub
 Fresh Baby Carrots

Pricing – Breakfast & Lunch \$0.00 Milk & Ala Carte Sides - \$.75 Snacks - \$.50 - \$1.30

Note: Each student gets 1 free breakfast & 1 free lunch at no charge per school day. Each breakfast & lunch MUST BE A COMPLETE REIMBURSABLE MEAL, or student will be charged ala carte for each item on their tray.

Breakfast: Daily choice of cereal, oatmeal bar, 4 oz yogurt cup, bagel, muffin tops, 100% juice, fruit choice & Asst. milk
 M – Mini Pancakes T – Cinnamon Roll W – Breakfast Pizza TH – French Toast F – Breakfast Sandwiches