

October 2024

Fresh Fruit and Vegetables Served at each meal!
All wraps and salads can be made vegetarian

Black Bears Lunchpad Middle School Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Offered Daily at Breakfast PB&J Packs Assorted Fruited & Muffins Variety of Cold Cereals & pop tarts Fresh Fruit 100% Juice Choice of Milk</p>	<p>BKFST: French toast & bacon 1</p> <p>Lunch entrée: Chicken parm Side: Buttered noodles Veg: Steamed carrots Fruit: Diced peaches</p>	<p>BKFST: Breakfast Pizza & tater tots 2</p> <p>Lunch entrée: Pizza crunchers Side: Marinara dipping sauce Veg: Celery Sticks Fruit: Apple slices</p>	<p>BKFST: Ham, cheese & egg biscuit 3</p> <p>Lunch entrée: Walking taco bar Side: Lettuce, tomato & cheese Veg: Black beans Fruit: Diced pears</p>	<p>BKFST: Waffles & sausage 4</p> <p>Lunch entrée: BBQ chicken pizza Side: Garden side salad Veg: Sliced cucumbers Fruit: Strawberries</p>
<p>BKFST: Ch. Omelet & hash brown 7</p> <p>Lunch entrée: Spicy Chix sandwich Side: Lettuce, tomato, & onion Veg: Sliced cucumbers Fruit: Diced peaches</p>	<p>BKFST: Ham, cheese & egg bagel sandwich 8</p> <p>Lunch entrée: Buffalo chicken dip Side: Tortilla chips Veg: Baked beans Fruit: Mixed fruit cup</p>	<p>BKFST: Pancakes & sausage 9</p> <p>Lunch entrée: Meatball subs Side: Peppers & onions Veg: Green beans Fruit: Diced pineapple</p>	<p>BKFST: French toast sticks & tater tots 10</p> <p>Lunch entrée: Burger bar Side: Lettuce, tomato, pickles Veg: Buttered corn Fruit: Diced pears</p>	<p>BKFST: Sausage, egg, & cheese sandwich 11</p> <p>Lunch entrée: Veggie lovers Pizza Side: Garlic bread Veg: Caesar side salad Fruit: Apple slices</p>
<p>No School! Columbus Day 14</p>	<p>BKFST: Western Omelet & hash brown patty 15</p> <p>Lunch entrée: Sweet & sour chix Side: Steamed rice Veg: Steamed broccoli Fruit: Blueberries</p>	<p>BKFST: Breakfast Pizza & tater tots 16</p> <p>Lunch entrée: Sloppy Joes Side: French fries Veg: Baby carrots Fruit: Diced pineapple</p>	<p>BKFST: Pancake wrapped sausage 17</p> <p>Lunch entrée: Fish Sticks Side: Coleslaw Veg: French Fries Fruit: Diced pears</p>	<p>BKFST: Sausage, egg & potato boat 18</p> <p>Lunch entrée: Buffalo Chix Pizza Side: Garden Side salad Veg: Sliced cucumbers Fruit: Diced peaches</p>
<p>BKFST: Breakfast Burrito & hash brown 21</p> <p>Lunch entrée: Bacon Ch. burger Side: Roasted mushrooms Veg: Tater tots Fruit: Strawberries</p>	<p>BKFST: French toast & bacon 22</p> <p>Lunch entrée: Corn Dog Side: Baked beans Veg: Broccoli Fruit: Diced pineapple</p>	<p>BKFST: Breakfast Pizza & tater tots 23</p> <p>Lunch entrée: Mac & cheese Side: Corn muffin Veg: Buttered peas Fruit: Diced peaches</p>	<p>BKFST: Ham, cheese & egg biscuit sandwich 24</p> <p>Lunch entrée: French toast sticks Side: Sausage Veg: Hash brown patty Fruit: Applesauce cup</p>	<p>BKFST: Waffles & sausage 25</p> <p>Lunch entrée: Ham & pineapple Pizza Side: Garlic bread Veg: Garden side salad Fruit: Diced pears</p>
<p>BKFST: Ch. omelet & hash brown 28</p> <p>Lunch entrée: Buffalo Chix nachos Side: Black Bean Salsa Veg: Celery sticks Fruit: Diced melon cups</p>	<p>BKFST: Ham, cheese & egg bagel sandwich 29</p> <p>Lunch entrée: General Tso's chix Side: Steamed rice Veg: Green beans Fruit: Diced pineapple</p>	<p>BKFST: Pancakes & sausage 30</p> <p>Lunch entrée: Philly steak & ch. Side: Peppers & onions Veg: French fries Fruit: Diced peaches</p>	<p>BKFST: French toast sticks & tater tots 31</p> <p>Lunch entrée: Popcorn chix bowl Side: Mashed potatoes Veg: Buttered corn Fruit: Diced pears</p>	<p>Offered Daily at Lunch WG Bosco Sticks WG chicken Patty WG Cheese/Pep Pizza Assorted Wheat Wraps Assorted Salads Fruit & Yogurt Parfait WG Nacho Bar WG Dinner Roll</p>