

TONASKET MIDDLE SCHOOL

October



Cold Sandwiches & Salads Made Fresh Your Way

Specials

Monday

Caesar Salad

Tuesday

Chef Salad

Wednesday

Club Wrap

Thursday

Caesar Salad

Friday

Chicken Wrap



Daily Salad Bar with Condiments

Today's Feature

Monday

Potato Salad

Tuesday

Cottage Cheese

Wednesday

Chili Beans

Thursday

Grapes

Friday

Melons



	3	4	5	6	7
Orange Chicken Yakisoba Noodles Mac & Cheese	Beef & Chicken <i>Nachos</i> Han & Cheese	Teriyaki Beef Yakisoba Noodles Bacon Cheese Burger	Beef & Chicken <i>Nachos</i> BBQ Pork Sand	General Tso Chicken Yakisoba Noodles Sloppy Joe	
	10	11	12	13	14
Honey Fire Chicken Yakisoba Noodles Chicken & Noodles	Beef & Chicken <i>Nachos</i> Mini Corn Dogs	<i>Early Release</i> Sweet & Sour Chicken Yakisoba Noodles Stuffed Baked Potato	Beef & Chicken <i>Nachos</i> BBQ Meatballs Rice	Orange Chicken Yakisoba Noodles Chicken Bacon Swiss Burger	
	17	18	19	20	21
Orange Chicken Yakisoba Noodles Mac & Cheese	Beef & Chicken <i>Nachos</i> Han & Cheese	Teriyaki Beef Yakisoba Noodles Bacon Cheese Burger	Beef & Chicken <i>Nachos</i> BBQ Pork Sand	Mongolian Chicken Yakisoba Noodles Sloppy Joe	
	24	24	26	27	28
Honey Fire Chicken Yakisoba Noodles Chicken & Noodles	Beef & Chicken <i>Nachos</i> Mini Corn Dogs	<i>Early Release</i> Sweet & Sour Chicken Yakisoba Noodles Stuffed Baked Potato	Beef & Chicken <i>Nachos</i> BBQ Meatballs Rice	Orange Chicken Yakisoba Noodles Chicken Bacon Swiss Burger	
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Orange Chicken Yakisoba Noodles Mac & Cheese					



Classic cheese pizza served daily,
Pepperoni pizza served Daily.
All pizza made w/ reduced fat cheese
& whole grain crust. Includes daily salad bar.

Specials

Monday: **Cheese**

Tuesday: **Pepperoni**

Wednesday: **Cheese**

Thursday: **Pepperoni**

Friday: **Cheese**



Lean beef burgers and breaded chicken sandwiches
available daily. Includes daily potato choice and salad bar.

BREAKFAST

French toast sticks, Eggs, Pancake on a Stick, Waffles,
Sausage, Potatoes, Cereals, Fruits & Milk

Specials

Monday: **Breakfast Pizza**

Tuesday: **Sausage Egg Biscuit**

Wednesday: **Breakfast Pizza**

Thursday: **Bacon & Egg Muffin**

Friday: **Breakfast Pizza**