

SEPTEMBER | 2022



LOGAN-HOCKING MIDDLE SCHOOL LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29	30	31	1 Chicken Quesadilla Buttered Corn Diced Peaches Milk	2 Stuffed Crust Pizza Baby Carrots Whole Grain Cookie Milk
5 No School Labor Day	6 Breaded Chicken Sticks Macaroni and Cheese Seasoned Green Beans Orange Quarters Milk	7 Pulled Pork Nachos Black Beans Apple Milk	8 Meatloaf Baked Potato Pretzel Apple Sauce Milk	9 Stuffed Crust Pepperoni Pizza Fresh Broccoli Whole Grain Cookie Milk
12 Chicken fajita Buttered Corn Apricot Cup Milk	13 Breakfast for Lunch Sausage Patty French Toast Sticks Potato Wedges Juice Cup	14 Cheesy Breadsticks w/ Marinara Cucumber Slices Apple Milk	15 No School Fair Day	16 No School Fair Day
19 Chicken Drum Stick Macaroni and Cheese Mixed Vegetables Orange Quarters Milk	20 Taco in a Bag Buttered Corn Diced Peaches Milk	21 Chicken and Noodles Mashed Potatoes w/ Gravy Dinner Roll Apple Milk	22 Grilled Cheese Chili Soup Fresh Grapes Milk	23 Cheese Pizza Fresh Broccoli Whole Grain Cookie Milk
26 Breakfast for Lunch Sausage and Cheese Biscuit Potato Wedges Juice Milk	27 Hot Dog on Bun French Fries Diced Peaches Milk	28 Cheese Burger on Bun Seasoned Green Beans Orange Quarters Milk	29 Meat and Cheese Nachos Buttered Corn Apple Milk	30 Stuffed Crust Pepperoni Pizza Baby Carrots Whole Grain Cookie Milk

News

GRADES 5-7
½ CUP
VEGETABLES
1/2 CUP FRUIT
100% JUICE

GRADE 8-12
1 CUP VEGETABLES
1 CUP FRUIT

ALL WHOLE GRAIN BREADS
1% WHITE OR CHOCOLATE
MILK

GRADES 5-7
1 OZ. MEAT OR MEAT
ALTERNATIVE
GRADE 8-12
2 OZ. MEAT OR MEAT
ALTERNATIVE

OFFERED DAILY
PB&J SANDWICH-PIZZA-HOT
SANDWICHES-
SALAD BAR

FRUITS
APPLE- APPLE SAUCE-
ORANGE-GRAPES-PEACHES-
PEARS-TROPICAL FRUIT-
ORANGES-BANANAS-
CRAISINS-APRICOTS

*menu subject to change
*This is an equal opportunity
employer