

# OCTOBER 2022

# Glen Cove School District

## LUNCH



## Middle School



**Milk**  
1%  
Fat free  
Chocolate milk

### OFFERED DAILY:

**Fruit**  
Assorted Fresh Fruit  
Fruit cup

**Sandwiches**  
Peanut Butter & Jelly  
Cheese Sandwich  
Turkey Sandwich

### MONDAY

3

Pizza Crunchers  
Garlic Knot  
Green Beans

### TUESDAY

4

Chicken Poppers  
Corm Muffin  
Broccoli

### WEDNESDAY

5

No School

### THURSDAY

6

BBQ Roasted Chicken  
French Fries  
Carrots

### FRIDAY

7

Wedge Pizza  
Mixed Green Salad

10

No School

11

Crispy Chicken Patty  
Served On a WG Bun  
Broccoli

12

Turkey Burger  
Sweet Potato Fries

13

Totally Taco  
Triangle Quesadilla  
Corn

14

French Bread Pizza  
Mixed Green Salad

17

Stuffed Pizza Sticks  
Served with  
Marinara Sauce  
Green Beans

18

Crispy Chicken Tenders  
Broccoli  
Dinner Roll

19

Beef Taco's  
Served with  
Corn  
Lettuce, Salsa & Cheese  
Baked Scoops

20

Chicken Poppers  
Corm Muffin  
Broccoli

21

Bagel Pizza  
Mixed Green Salad

24

Mozzarella Sticks  
Served with  
Marinara Sauce  
Garlic Knot  
Green Beans

25

Homemade  
Grilled Cheese  
Steamed Broccoli

26

Meatballs in Tomato Sauce  
Served with Pasta  
Green Beans

27

Crispy Chicken Patty  
Served On a WG Bun  
Sweet Potato Fries

28

Wedge Pizza  
Mixed Green Salad

31

Pizza Crunchers  
Garlic Knot  
Green Beans

**1 Free Lunch Per Student Per Day**

**Menu Subject to Change !**

