



# Armstrong Middle School Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

2  
ITALIAN ROTINI  
DELI ON BUN  
STEAMED BROCCOLI  
**SWEET POTATOES**  
FRESH FRUIT  
CHILLED FRUIT  
GARLIC TOAST  
CHOCOLATE MILK  
WHITE MILK  
STRAWBERRY MILK  
VANILLA MILK

3  
CHICKEN NACHOS  
CHEESEBURGER  
WHOLE KERNEL CORN  
PINTO BEANS  
FRESH FRUIT  
CHILLED FRUIT  
CHOCOLATE MILK  
WHITE MILK  
STRAWBERRY MILK  
VANILLA MILK

4  
STEAK FINGERS  
GRILLED CHICKEN SANDWICH  
MASHED POTATOES  
BROWN GRAVY  
GREEN BEANS  
FRESH FRUIT  
CHILLED FRUIT  
ROLL  
CHOCOLATE MILK  
WHITE MILK  
STRAWBERRY MILK

5  
**Fall Break!**  
**BE SURE TO PICK UP OUR  
HIGHLIGHTED ITEMS THAT ARE  
MISSISSIPPI FARM RAISED!**

6

**FARM TO SCHOOL WEEK!**

9  
BBQ ON BUN  
GRILLED CHICKEN SANDWICH  
POTATO TOTS OR WEDGES  
BAKED BEANS  
FRESH FRUIT  
CHILLED FRUIT  
CHOCOLATE MILK  
WHITE MILK  
STRAWBERRY MILK  
VANILLA MILK

10  
CHEESY CHICKEN OVER RICE  
DELI ON BUN  
STEAMED BROCCOLI  
GLAZED CARROTS  
FRESH FRUIT  
CHILLED FRUIT  
ROLL  
CHOCOLATE MILK  
WHITE MILK  
STRAWBERRY MILK  
VANILLA MILK

11  
CHILI CHEESE FRITOS  
HAM & CHEESE ON HOAGIE  
WHOLE KERNEL CORN  
TOSSED SALAD  
FRESH FRUIT  
CHILLED FRUIT  
CHOCOLATE MILK  
WHITE MILK  
STRAWBERRY MILK  
VANILLA MILK

12  
CHICKEN NUGGETS  
HAMBURGER  
MASHED POTATOES  
BROWN GRAVY  
GREEN BEANS  
FRESH FRUIT  
CHILLED FRUIT  
ROLL  
CHOCOLATE MILK  
WHITE MILK  
STRAWBERRY MILK  
VANILLA MILK

13  
PEPPERONI PIZZA  
CHEESE PIZZA  
CHICKEN PATTY SANDWICH  
WHOLE KERNEL CORN  
TOSSED SALAD  
FRESH FRUIT  
CHILLED FRUIT  
PUDDING  
CHOCOLATE MILK  
WHITE MILK  
STRAWBERRY MILK  
VANILLA MILK

16  
FISH NUGGETS  
DELI ON BUN  
MACARONI & CHEESE  
BLACK-EYED PEAS  
SOUTHERN GREENS  
FRESH FRUIT  
CHILLED FRUIT  
CORNBREAD  
CHOCOLATE MILK  
WHITE MILK  
STRAWBERRY MILK  
VANILLA MILK

17  
BRUNCH FOR LUNCH  
GRILLED CHICKEN SANDWICH  
HASHBROWN POTATOES  
SWEET POTATO CUBES  
FRESH FRUIT  
CHILLED FRUIT  
PANCAKES W/ SYRUP  
CHOCOLATE MILK  
WHITE MILK  
STRAWBERRY MILK  
VANILLA MILK

18  
MANDARIN CHICKEN  
HAMBURGER  
STIR FRIED RICE  
TOSSED SALAD  
STEAMED BROCCOLI  
GARLIC TOAST  
FRESH FRUIT  
CHILLED FRUIT  
CHOCOLATE MILK  
WHITE MILK  
STRAWBERRY MILK  
VANILLA MILK

19  
SHEPHERD'S PIE  
HAM & CHEESE ON HOAGIE  
GREEN PEAS  
GLAZED CARROTS  
FRESH FRUIT  
CHILLED FRUIT  
ROLL  
CHOCOLATE MILK  
WHITE MILK  
STRAWBERRY MILK  
VANILLA MILK

20  
PEPPERONI PIZZA  
CHEESE PIZZA  
SPICY CHICKEN SANDWICH  
WHOLE KERNEL CORN  
TOSSED SALAD  
FRESH FRUIT  
CHILLED FRUIT  
PUDDING  
CHOCOLATE MILK  
WHITE MILK  
STRAWBERRY MILK  
VANILLA MILK

23  
NACHOS GRANDE  
DELI ON BUN  
WHOLE KERNEL CORN  
STEAMED BROCCOLI  
FRESH FRUIT  
CHILLED FRUIT  
CHOCOLATE MILK  
WHITE MILK  
STRAWBERRY MILK  
VANILLA MILK

24  
CHICKEN SPAGHETTI  
HAM & CHEESE ON HOAGIE  
GLAZED CARROTS  
GREEN PEAS  
**CANTALOUPE**  
CHILLED FRUIT  
GARLIC TOAST  
CHOCOLATE MILK  
WHITE MILK  
STRAWBERRY MILK  
VANILLA MILK

25  
HAMBURGER STEAK W/ GRAVY  
GRILLED CHICKEN SANDWICH  
MACARONI & CHEESE  
**SWEET POTATOES**  
SOUTHERN GREENS  
FRESH FRUIT  
CHILLED FRUIT  
CORNBREAD  
CHOCOLATE MILK  
WHITE MILK  
STRAWBERRY MILK  
VANILLA MILK

26  
CORN DOG NUGGETS  
HAMBURGER  
BAKED BEANS  
CREAMY COLESLAW  
FRESH FRUIT  
CHILLED FRUIT  
CHOCOLATE MILK  
WHITE MILK  
STRAWBERRY MILK  
VANILLA MILK

27  
PEPPERONI PIZZA  
CHEESE PIZZA  
CHICKEN PATTY SANDWICH  
WHOLE KERNEL CORN  
TOSSED SALAD  
FRESH FRUIT  
CHILLED FRUIT  
PUDDING  
CHOCOLATE MILK  
WHITE MILK  
STRAWBERRY MILK  
VANILLA MILK

30  
BBQ NACHOS  
HAM & CHEESE ON HOAGIE  
BAKED BEANS  
WHOLE KERNEL CORN  
FRESH FRUIT  
CHILLED FRUIT  
CHOCOLATE MILK  
WHITE MILK  
STRAWBERRY MILK  
VANILLA MILK

31  
VANISHING VEGETABLE BEEF SOUP  
GOBLIN GRILLED CHICKEN SANDWICH  
CREEPY CRAWLY CARROTS W/ DIP  
TARANTULA TOSSED SALAD  
FRESH FRUIT  
CHILLED FRUIT  
COBWEB CHEESY BREADSTICK  
CHOCOLATE MILK  
WHITE MILK

A student may select 3, 4, or 5 components, but ONE of their choices must be a fruit or vegetable.

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