

LUNCH IS AVAILABLE TO ALL STUDENTS AT NO COST



**October 2024 Lunch Menu
Heritage & Freedom MS**



BERWYN SOUTH SCHOOL DISTRICT 100

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 Chicken Tenders Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	2 Baked Mostaccioli w. Dinner Roll Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	3 Chicken Quesadilla Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	4 Pop Corn Chicken Bowl Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
7 Beef Enchiladas Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	8 Taco Tuesday! Sandy's Taco Bar Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	9 BYO Burger Bar Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	10 4 -Star Mac & Cheese & Dinner Roll Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	11 Walking Taco Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
14 No School	15 No School	16 Mia Pasta Station Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	17 Boneless Wings Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	18 Buffalo Chicken Melt Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
21 Mini Corn Dogs Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	22 Taco Tuesday! Sandy's Taco Bar Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	23 Baked Mostaccioli w. Dinner Roll Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	24 Chicken Teriyaki Stir Fry Rice Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	25 Chicken Fajita Bowl Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
28 Lo Mein Teriyaki Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	29 WG Nacho Supreme Bar Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	30 Mia Pasta Station Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk	31 Chicken Nuggets Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	

Daily Middle School Lunch Choices:

- Luigi's Pizza**
- Cheese
- Pepperoni
- Pizza of the Day

MmmBurger Grill

- Homestyle Chicken Sandwich
- Spicy Chicken Sandwich
- Cheeseburger

- Sun Butter and Jelly Sandwich

- Grab & Go Salads

- Deli Subs/ Wraps

- Milk Choices:**
1% White
Or
Fat Free Chocolate

Menu Subject to Change



In accordance with Federal law and United States Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, and disability.

