



# O. W. Best Middle School October



**EVERYDAY CHOICES**

Turkey & Cheese & Ham & Cheese Subs  
Chef & Garden Salads with Breadsticks  
All Sandwiches are served on Whole Wheat Bread,  
Wraps or Rolls



**EVERYDAY CHOICES**

Pepperoni or Cheese  
**Tuesday and Thursday**  
Specialty Pizza



Full Price: \$3.00  
Reduced: 40¢  
Milk: 50¢



**EVERYDAY CHOICES**

Flame Broiled Beef Patty  
Flame Broiled Beef & Cheese Patty  
Plain & Spicy Chicken Patty



**EVERYDAY CHOICES**

Tacos & Nachos  
Beef and Cheese  
with all the fixings.

A Minimum of 6 sides are offered daily with lunch  
Fresh Garden Salad Greens plus Fruits and  
Vegetables in an inviting variety. Locally grown items are  
offered whenever seasonally available.  
Breadstick are offered daily.  
Students must choose a 1/2 cup fruit or vegetable daily.

|   |   |   |   |  |
|---|---|---|---|--|
| <p><b>1</b></p> <p>Chicken Pot Pie<br/>Walking Taco<br/>Chicken Nuggets<br/>BBQ Bacon Cheeseburger<br/><b>Pasta Salad</b><br/>Sweet Potato Fries<br/>Chicken Salad Sandwich</p>     | <p><b>2</b></p> <p>Chicken Drumstick<br/>Mexican Casserole<br/>Ham &amp; Cheese Calzone<br/>Patty Melt<br/>Maurice Salad<br/>Curly Fries<br/>Turkey Club</p>  | <p><b>3</b></p> <p>Turkey &amp; Gravy w/Rice<br/>Chicken Enchilada<br/>Mini Corn Dogs<br/>Hot Dog on a Bun<br/>Chef Salad<br/>Vegetable Blend<br/>Italian Sub</p>   | <p><b>4</b></p> <p><b>1/2 Day<br/>No Lunch</b></p>  | <p><b>5</b></p> <p>Bosco Sticks w/sauce<br/>Chicken Fajita<br/>Salisbury Steak w/Potatoes<br/>Grilled Ham &amp; Cheese<br/><b>Spaghetti Salad</b><br/>Mashed Potatoes<br/>Buffalo Chicken Wrap</p>             |
| <p><b>8</b></p> <p>Beefy Mac<br/>Chicken Quesadilla<br/>Baked Potato<br/>Philly Steak Sandwich<br/>Cobb Salad<br/>Butternut Squash<br/>Chicken Caesar Wrap</p>                      | <p><b>9</b></p> <p>Chicken Tenders<br/>Veggie Fajita<br/><b>Spaghetti w/Marinara</b><br/><b>Chicken Parmesan Sandwich</b><br/>Spinach Salad<br/>Green Beans<br/>Salami &amp; Cheese Sandwich</p>          | <p><b>10</b></p> <p>Meatloaf &amp; Mashed Potatoes<br/>Fiesta Chicken &amp; Rice<br/>Sweet &amp; Sour Chicken<br/>Pulled Pork Sandwich<br/>Chicken Caesar Salad<br/>Glazed Carrots<br/>Spicy Chicken Sandwich</p> | <p><b>11</b></p> <p>Grilled Cheese Sandwich<br/>Beef Empanada<br/>Chicken Fried Rice<br/>Bacon Cheeseburger<br/>Southwest Chicken Salad<br/>Corn<br/>American Sub</p>                   | <p><b>12</b></p> <p>Chicken Nuggets<br/>Cheese Quesadilla<br/>Mac &amp; Cheese w/Cornbread<br/>Rib-B-Q Sandwich<br/>Antipasto Salad<br/>Golden Tater Tots<br/>Crabby Tuna Sandwich</p>                         |
| <p><b>15</b></p> <p>French Bread Pizza<br/>Beef Fajita<br/>Broccoli Chicken Alfredo<br/>Fishwich Sandwich<br/>Greek Salad<br/>Green Beans<br/>Buffalo Chicken Wrap</p>              | <p><b>16</b></p> <p>Oven Baked Chicken w/Rice<br/>Beef Enchilada<br/>Grilled Cheese Sandwich<br/><b>Meatball Sub</b><br/><b>Peppi Pizza Salad</b><br/>Potato Wedges<br/>Bologna &amp; Cheese Sandwich</p> | <p><b>17</b></p> <p><b>Pepperoni Stromboli</b><br/>Fiesta Mac &amp; Cheese<br/>General Tso Chicken w/Rice<br/>Tuna Melt Sandwich<br/>Asian Salad<br/>Broccoli<br/>Chicken Salad Sandwich</p>                      | <p><b>18</b></p> <p>Teriyaki Chicken w/Rice<br/>Chicken Burrito Bowl<br/>Roast Beef &amp; Gravy<br/>BBQ Chicken Sandwich<br/>Chef Salad<br/>Mashed Potatoes<br/>Crispy Chicken Wrap</p> | <p><b>19</b></p> <p><b>Chicken Parmesan</b><br/>BBQ Beef Nachos<br/>Vegetable Stir Fry w/Rice<br/>Hot Turkey &amp; Cheese Sandwich<br/>Spicy Buffalo Salad<br/>Golden Tater Tots<br/>Chicken Teriyaki Wrap</p> |
| <p><b>22</b></p> <p><b>Penne Pasta w/Meat sauce</b><br/>Chicken Taco w/Rice<br/>Mini Corn Dog<br/>Pulled Pork Sandwich<br/>Antipasto Salad<br/>Butternut Squash<br/>Italian Sub</p> | <p><b>23</b></p> <p><b>Cheesy Baked Ravioli</b><br/>Beef Empanada<br/>Chicken Rings<br/>Philly Steak &amp; Cheese<br/>Poppin Chicken Salad<br/>Green Beans<br/>American Sub</p>                           | <p><b>24</b></p> <p><b>Pepperoni Calzone</b><br/>Beef Burrito<br/>Chicken Stir Fry w/Rice<br/>Bacon Cheeseburger<br/>Cobb Salad<br/>Broccoli<br/>Roasted Veg &amp; Hummus Wrap</p>                                | <p><b>25</b></p> <p>Chicken Bowl<br/>Chipotle BBQ Meatloaf<br/>Grilled Cheese Sandwich<br/>Fishwich Sandwich<br/>Chicken Caesar Salad<br/>Corn<br/>Turkey Club</p>                      | <p><b>26</b></p> <p><b>Lasagna Roll-ups</b><br/>Cheese Quesadilla<br/>Chicken Fingers<br/><b>Meatball Sub</b><br/>Greek Salad<br/>Golden Tater Tots<br/>Chicken Caesar Wrap</p>                                |
| <p><b>29</b></p> <p>Chicken Pot Pie<br/>Walking Taco<br/>Chicken Nuggets<br/>BBQ Bacon Cheeseburger<br/><b>Pasta Salad</b><br/>Sweet Potato Fries<br/>Chicken Salad Sandwich</p>    | <p><b>30</b></p> <p>Chicken Drumstick<br/>Mexican Casserole<br/>Ham &amp; Cheese Calzone<br/>Patty Melt<br/>Maurice Salad<br/>Curly Fries<br/>Turkey Club</p>   | <p><b>31</b></p> <p><b>1/2 Day<br/>No Lunch<br/>Happy Halloween</b></p>   | <p><b>Italian</b></p>   |  |

This institution is an equal opportunity provider.

