

**LUNCH**

Lunch: \$2.50  
Reduced: \$0.40

**OCTOBER 2020**  
Parker Middle School Menu

Choice of 3 Meal options daily  
Meals include: Entrée,  
Vegetable, Fruit, Milk:  
Main Entrée Meal  
Smuckers Meal  
Salad Meal – Caesar Salad offered M/W/F. Chef Salad  
offered Tu/Th

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



\*Menu subject to availability and there may be substitutions. Order all meals 2 days in advance on SchoolCafe.

**5**  
Chicken Strips/Sauce  
Mini Corn Bread Muffin  
Potato Wedges  
Side Salad  
Fresh Fruit

**6**  
Cheeseburger on Bun  
Toppings  
Potato Wedges  
Veggie  
Juice

**7**  
Chicken Tenders  
Soft Pretzel  
w/ cheese sauce  
Fruit & Veggie

**1**  
Walking Tacos  
Fruit Churros  
Chef's Choice Veggie  
Juice

**2**  
PIZZA for ALL  
Side Salad  
Fresh Fruit  
Cookie

**12**  
NO SCHOOL

**13**  
Italian Dunkers  
Marinara Sauce  
Chef's Choice Veggie  
Juice

**14**  
Chicken Patty on Whole  
Wheat Bun  
French Fries  
Chef's Choice Veggie  
Fruit Cup

**8**  
Ham & Cheese Pretzel  
Chef's Choice Veggie  
Crinkle Cut Fries  
Juice

**9**  
3 Cheese Calzone  
Side Salad  
Apple Slices  
Cookie

**15**  
Walking Tacos  
Fruit Churros  
Chef's Choice Veggie  
Juice

**16**  
PIZZA for ALL  
Side Salad  
Fresh Fruit  
Cookie

**19**  
Chicken Strips/Sauce  
Mini Corn Bread Muffin  
Potato Wedges  
Side Salad  
Fresh Fruit

**20**  
Cheeseburger on Bun  
Toppings  
Potato Wedges  
Veggie  
Juice

**21**  
Chicken Tenders  
Soft Pretzel  
w/ cheese sauce  
Fruit & Veggie

**22**  
Ham & Cheese Pretzel  
Chef's Choice Veggie  
Crinkle Cut Fries  
Juice

**23**  
3 Cheese Calzone  
Side Salad  
Apple Slices  
Cookie

**26**  
Asian Chicken  
Soft Pretzel  
Side Salad  
Side Kicks Fruit Cup

**27**  
Italian Dunkers  
Marinara Sauce  
Chef's Choice Veggie  
Juice

**28**  
Chicken Patty on Whole  
Wheat Bun  
French Fries  
Chef's Choice Veggie  
Fruit Cup

**29**  
Walking Tacos  
Fruit Churros  
Chef's Choice Veggie  
Juice

**30**  
PIZZA for ALL  
Side Salad  
Fresh Fruit  
Cookie

Heating Instructions – All food is fully cooked and should be eaten 1-2 days after receiving. Refrigerate until ready to eat. Heat and eat immediately.  
Oven – If in aluminum foil, leave it in foil. Otherwise place in an oven safe tray/container. Heat at 350. 10-15 minutes until Hot.  
Microwave – REMOVE ALUMINUM FOIL or take out of container. Place on Microwave Safe dish and heat on 30 second intervals until Hot.