

# Middle School Lunch October Daily Menu Specials

Dover Town  
October 2024- Lunch- NSLP  
**Monday**



**Tuesday**

**Wednesday**

**Thursday**

**Friday**

1  
Cheesesteak Hero 🍖  
All-Beef Hot Dog on a Bun  
Food & Nutrition Cookies

2  
French Toast Sticks 🍞  
Pork Sausage Patty  
All-Beef Hot Dog on a Bun

3  
Lasagna w/ Marinara Sauce 🍝  
Dinner Roll  
All-Beef Hot Dog on a Bun

4  
Pizzeria Pizza  
All-Beef Hot Dog on a Bun

7  
Soft-Shell Beef Tacos  
Rice & Beans  
Pizza Crunchers 🍷

8  
Homemade Baked Ziti 🍝  
Dinner Roll  
Pizza Crunchers 🍷

9  
Cuban Sandwich 🍷  
Plantain Chips  
Pizza Crunchers 🍷  
Local Suncrisp Apple 🍏

10  
Beef Empanada 🍷  
Rice & Beans  
Pizza Crunchers 🍷

11  
Pizzeria Pizza  
Pizza Crunchers 🍷

14  
**School Closed**

15  
Maple-Flavored Buttermilk Pancakes 🍷  
Pork Sausage Patty  
Breaded Chicken Fillet on a Bun 🍗

16  
Chicken Empanada 🍷  
Rice & Beans  
Breaded Chicken Fillet on a Bun 🍗  
Food & Nutrition Cookies

17  
General Tso's Chicken  
Local Baby Bok Choy  
Vegetable Fried Rice 🍷  
Breaded Chicken Fillet on a Bun 🍗

18  
Pizzeria Pizza  
Breaded Chicken Fillet on a Bun 🍗

21  
Cheesesteak Hero 🍖  
Popcorn Chicken  
Dinner Roll  
Plant-Based Nuggets 🌱  
Dinner Roll

22  
Chicken & Vegetable Dumplings 🍷  
Vegetable Lo Mein  
Popcorn Chicken  
Dinner Roll  
Plant-Based Nuggets 🌱  
Dinner Roll

23  
Pierogi w/ Caramelized Local Onions 🍷  
Popcorn Chicken  
Dinner Roll  
Plant-Based Nuggets 🌱  
Dinner Roll

24  
Beef Nachos  
Tortilla Rounds  
Popcorn Chicken  
Dinner Roll  
Plant-Based Nuggets 🌱  
Dinner Roll

25  
Pizzeria Pizza  
Popcorn Chicken  
Dinner Roll  
Plant-Based Nuggets 🌱  
Dinner Roll

28  
Chicken Empanada 🍷  
Rice & Beans  
100% Beef Burger on a Bun 🍖

29  
All-Beef Hot Dog on a Bun  
100% Beef Burger on a Bun 🍖

30  
Homemade Baked Ziti 🍝  
Dinner Roll  
Roasted Local Cauliflower 🍷  
100% Beef Burger on a Bun 🍖

31  
Mummy Hot Dog  
Chicken Nuggets  
Dinner Roll  
Plant-Based Nuggets 🌱  
Dinner Roll  
100% Beef Burger on a Bun 🍖

Your comments are important to us. Please email us at [comments@pomptonian.com](mailto:comments@pomptonian.com).

Allergy-Aware menus are available for students with food allergies.

For more information please contact your Food Service Director.

At least 80% of all grains served with your meal are Whole Grain Enriched.

Menu Subject to Change.

This institution is an equal opportunity provider.

**A Complete Lunch Includes:**  
Entrée with Protein/Grain),  
**Trip to The Farm Stand**  
(students must select at least  
a fruit or vegetable),  
Hormone-Free Milk