

TONASKET MIDDLE SCHOOL

October



Cold Sandwiches & Salads Made Fresh Your Way

Specials
Monday
Caesar Salad
Tuesday
Chef Salad

Wednesday
Club Wrap
Thursday

Caesar Salad Friday

Chicken Wrap

Daily Salad Bar with Condiments

Today's Feature Monday

Potato Salad

Tuesday

Cottage Cheese

Wednesday

Chili Beans

Thursday

Grapes

Friday

Melons

Yakisoba Noodles

Mac & Cheese

Orange Chicken

Yakisoba Noodles

Mac & Cheese

Nachos

Han & Cheese

Orange Chicken Yakisoba Noodles Mac & Cheese	Beef & Chicken <i>Nachos</i> Han & Cheese	Teriyaki Beef Yakisoba Noodles Bacon Cheese Burger	Beef & Chicken <i>Nachos</i> BBQ Pork Sand	General Tso Chicken Yakisoba Noodles Sloppy Joe
10	11	12	13	14
Honey Fire Chicken Yakisoba Noodles	Beef & Chicken Nachos	Early Release Sweet & Sour Chicken Yakisoba Noodles	Beef & Chicken Nachos	Orange Chicken Yakisoba Noodles
Chicken & Noodles	Mini Corn Dogs	Stuffed Baked	BBQ Meatballs	Chicken Bacon Swiss
		Potato	Rice	Burger
17	18	19	20	21
Orange Chicken	Beef & Chicken	Teriyaki Beef	Beef & Chicken	Mongolian Chicken

24	24	26	27	28
		Early Release		
Honey Fire Chicken	Beef & Chicken	Sweet & Sour Chicken	Beef & Chicken	Orange Chicken
Yakisoba Noodles	Nachos	Yakisoba Noodles	Nachos	Yakisoba Noodles
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Chicken & Noodles	Mini Corn Dogs	Stuffed Baked	BBQ Meatballs	Chicken Bacon Swiss
		Potato	Rice	Burger
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Yakisoba Noodles

Bacon Cheese Burger





Classic cheese pizza served daily, Pepperoni pizza served Daily. All pizza made w/ reduced fat cheese & whole grain crust. Includes daily salad bar.

Specials

Monday: Cheese
Tuesday: Pepperoni
Wednesday: Cheese
Thursday: Pepperoni
Friday: Cheese



Lean beef burgers and breaded chicken sandwiches available daily. Includes daily potato choice and salad bar.

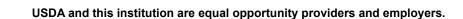
BREAKFAST

French toast sticks, Eggs, Pancake on a Stick, Waffles, Sausage, Potatoes, Cereals, Fruits & Milk

Specials

Monday: Breakfast Pizza
Tuesday: Sausage Egg Biscuit
Wednesday: Breakfast Pizza
Thursday: Bacon & Egg Muffin
Friday: Breakfast Pizza

Any question please call: Food Service Director 509-486-2126



Nachos

BBQ Pork Sand

Yakisoba Noodles

Sloppy Joe