



Southern Middle

Lunch · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

No menu published

No menu published

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- Chicken Popcorn** 250 cal
Mini Corn Dogs 250 cal
Juicy Juice Orange Medley 50 cal
Home-style Green Beans 19 cal
Strawberry Cup 80 cal

- Chicken Fillet Sandwich** 340 cal
Chicken Fillet Spicy Sandwich 340 cal
Spaghetti w/ Meat Sauce 416 cal
Fresh Garden Salad 13 cal
Hot Buttered Corn 74 cal
Assorted Fresh Fruit 384 cal

- Mac and Cheese** 296 cal
Chicken Cheezy Hotz 199 cal
Chicken Chunks Gold Creek 191 cal
Broccoli Roasted 20 cal
Sidekicks Sunbelieve Smoothie 90 cal
Sidekicks Tropicool Smoothie 70 cal
Applesauce Cup 60 cal

- All Beef Hot Dog** 290 cal
Tony's French Bread 330 cal
Baked Beans 150 cal
Potato Wedges 120 cal
Peach Cobbler 317 cal

- Nardone's Cheese Pizza** 336 cal
Nardone's Pepperoni Pizza 310 cal
Yogurt Snack Pack 325 cal
Seasoned Carrots 35 cal
Creamy Mashed Potatoes 37 cal
Assorted Fresh Fruit 384 cal

- Chicken Chunks Gold Creek** 191 cal
Yogurt Snack Pack 325 cal
Baked Beans 150 cal
Sweet Potato Waffle Fries 142 cal
Assorted Fresh Fruit 384 cal

- Cheeseburger** 390 cal
Tony's French Bread 330 cal
Roasted California Blend 30 cal
Potato Wedges 120 cal
Sliced Peaches 60 cal

- Chicken Fillet Sandwich** 340 cal
Chicken Fillet Spicy Sandwich 340 cal
Beef Dippers 206 cal
Roll Baked 1 oz 70 cal
Sidekicks Sunbelieve Smoothie 90 cal
Sidekicks Tropicool Smoothie 70 cal
Broccoli Roasted 20 cal
Applesauce Cup 60 cal

- Chicken Pie** 181 cal
Roll Baked 1 oz 70 cal
Nardone's Cheese Pizza 336 cal
Nardone's Pepperoni Pizza 310 cal
Creamy Mashed Potatoes 74 cal
Home-style Green Beans 19 cal
Assorted Fresh Fruit 384 cal

- Beef Nachos** 316 cal
Yogurt Snack Pack 325 cal
Juicy Juice Orange Medley 50 cal
Crispy Tater Tots 90 cal
Sliced Pears 63 cal

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- Chicken Popcorn** 250 cal
Nardone's Cheese Pizza 336 cal
Nardone's Pepperoni Pizza 310 cal
Home-style Green Beans 19 cal
Juicy Juice Orange Medley 50 cal
Sliced Peaches 60 cal

- Walking Taco w/Doritos** 348 cal
Yogurt Snack Pack 325 cal
Hot Buttered Corn 74 cal
Pinto Beans 158 cal
Pineapple Tidbits 80 cal

- Chicken Chunks Gold Creek** 191 cal
BLT Turkey Salad 257 cal
Goldfish Crackers - Colors 100 cal
Cool Tropics Berry Blue 60 cal
Cool Tropics Tropical Trio 80 cal
Sweet Potato Waffle Fries 90 cal
Sliced Pears 63 cal

- Cheeseburger** 390 cal
Stuffed Crust Cheese Pizza 310 cal
Stuffed Crust Pepperoni Pizza 330 cal
Crispy Tater Tots 90 cal
Baby Carrots 24 cal
Strawberry Cup 80 cal

Served every day

☐ Skim Milk · ☐ 1% Milk · ☐ Chocolate Milk