

# RICHARD TEITELMAN MIDDLE SCHOOL

## OCTOBER 2024



This institution is an equal opportunity employer

**Student Lunch is \$3.75 to all Students.** All entrees are offered with assorted fresh fruit and/or vegetable sides and a choice of skim low fat & fat free milk. Take a look at our daily offerings and weekly alternates below.

**Daily Vegetable Offerings May Include:**

Broccoli Florets, Baby Carrots, Three Bean Salad, Celery Sticks, Cucumber Coins, Cauliflower, Tossed Romaine Salad

**Daily Fruit Offerings May Include:**

Apples, Oranges, Bananas, Pineapple, Peaches, Pears, and Strawberries

Free and Reduced Lunch Application 	(1) <b>Taco Tuesday</b> Chicken, Beef or Mexicali Beans Corn	(2) <b>Spaghetti &amp; Meatballs</b> Garlic Bread Stick Broccoli Tossed Salad	(3) <b>Burger Bar</b> Baked Beans Tossed Salad Broccoli Salad	(4) <b>PIZZA FRIDAY</b> Plain, Pepperoni Pizza Mixed Garden Salad Fresh Fruit
(7) <b>Chicken Bar</b> Tenders or Nuggets Seasoned Pasta Green Beans	(8) <b>Nacho Bar</b> Chicken, Beef, Pork Seasoned Black Beans Super Sweet Corn	(9) <b>Penne &amp; Meatballs</b> Garlic Bread Stick Broccoli Tossed Salad	(10) <b>BRUNCH-4-LUNCH</b> Pancakes, Sausage, Eggs & Homefries Warmed Apples	(11) <b>RIP-N-DIPS</b> Plain, Pepperoni Pizza Mixed Garden Salad Fresh Fruit
(14) <b>Chicken Fritters</b> With Mac & Cheese Glazed Carrots Mixed Garden Salad	(15) <b>Taco Tuesday</b> Chicken or Beef Seasoned Black Beans Super Sweet Corn	(16) <b>Mozz Sticks or Pizza Crunchers</b> Seasoned Green Beans Mixed Garden Salad	(17) <b>Burger Bar</b> Baked Beans Sweet Potato Fries Broccoli Salad	(18) <b>RIP-N-DIPS</b> Plain, Pepperoni Mixed Garden Salad Fresh Fruit
(21) <b>Chicken Bar</b> Tenders or Nuggets Seasoned Rice Glazed Carrots	(22) <b>Nacho Bar</b> Chicken, Beef, Pork Seasoned Black Beans Super Sweet Corn	(23) <b>Spaghetti &amp; Meatballs</b> With Garlic Bread Glazed Carrots Mixed Garden Salad	(24) <b>Burger Bar</b> Baked Beans Sweet Potato Fries Broccoli Salad	(25) <b>RIP-N-DIPS</b> Plain, Pepperoni Mixed Garden Salad Fresh Fruit
(28) <b>Chicken Bar</b> Tenders or Nuggets Seasoned Rice Glazed Carrots	(29) <b>Taco Tuesday</b> Chicken, Beef or Mexicali Beans Corn	(30) <b>Mozz Sticks or Pizza Crunchers</b> Seasoned Green Beans Mixed Garden Salad	(31) <b>BRUNCH-4-LUNCH</b> Pancakes, Sausage, Eggs & Homefries Warmed Apples	(1) <b>RIP-N-DIPS</b> Plain, Pepperoni Mixed Garden Salad Fresh Fruit




**Available Daily**  
 Plain Pizza  
 Pepperoni Pizza  
 Pizza of the Day



**Assorted Packaged Salads**  
 Garden Veggie  
 Caesar Salad  
 Chicken Caesar Salad  
 Specialty Salads

**Sandwiches**  
 Peanut Butter and Jelly  
 Ham and Cheese Hoagie  
 Turkey and Cheese Hoagie  
 Specialty Sandwich



**Available Daily**  
 Hamburger or Cheeseburger  
 Cheese Steak  
 Chicken Patty  
 W/ Vegetable du jour

**Daily Specials**  
 Mon .....CHICKEN PARM  
 Tues ....SPICY CHICKEN SANDWICH  
 Wed .....MEATBALL SUB  
 Thurs.....HOT HAM & CHEESE  
 Fri .....PIZZA STEAK