

Entree: Chicken & Cheese Quesadilla

Daily: Chicken Sandwich,

Sandwich, Nachos, PBJ **Salad:** Cheesy Romaine Salad & Roll

Fresh Banana, Apple Juice

Yogurt Pack

Cheeseburger, Spicy Chicken

Express: Apple Slices, Cheese &

Refried Beans, Fresh Broccoli, Pears,

Daily: Chicken Sandwich,

Sandwich, Nachos, PBJ

Cheeseburger, Spicy Chicken

Express: Turkey & Cheese Sub

Steamed Broccoli, Baby Carrots,

Mixed Fruit, Orange Wedges, Grape

Salad: Cheesy Romaine Salad & Roll

September 2025

Cascade Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	BREAKFAST Cheesy Egg Biscuit	BREAKFAST Apple Frudel	BREAKFAST Sausage Biscuit	BREAKFAST Bacon Breakfast Pizza 5
NO SCHOOL LABOR DAY	LUNCH: Entree: Chicken Nuggets & Hawaiian Roll Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ Salad: Popcorn Chicken Salad & Roll Express: Muffin, Yogurt & Cheese Pack Roasted Carrots, Fresh Broccoli, Pears, Fresh Banana, Apple Juice	LUNCH: Entree: Nacho Cheese Walking Taco Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ Salad: Popcorn Chicken Salad & Roll Express: Turkey & Cheese Sub Refried Beans, Cucumber Slices, Apple Wedges, Blueberries, Fruit Juice	LUNCH: Entree: Bacon Cheeseburger Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ Salad: Popcorn Chicken Salad & Roll Express: Muffin, Yogurt, Cheese pack Golden Corn, Celery Sticks, Applesauce, Craisins, Apple Juice	LUNCH: Entree: Buzzer Beater Basket w/ Breadstick Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ Salad: Popcorn Chicken Salad & Roll Express: Turkey & Cheese Sub Steamed Broccoli, Red Pepper strips, Peaches, Strawberries, Fruit Juice
BREAKFAST Sausage & Cheese Biscuit	BREAKFAST Sausage Breakfast Pizza	BREAKFAST Cheesy Egg Biscuit	BREAKFAST Sausage Pancake Wrap	BREAKFAST Cheese Bosco Stick 12
LUNCH: Entree: Bosco Sticks Daily: Chicken sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ Salad: Cheesy Romaine & Roll Express: Pretzel, Yogurt & Cheese Pack,	LUNCH: Entree: Turkey Barbacoa Soft Tacos Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ Salad: Cheesy Tossed Salad & Roll Express: Turkey & Cheese Sub	LUNCH: Entree: Oriental Orange Popcorn Chicken & Rice Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ Salad: Cheesy Romaine & Roll Express: Pretzel, Yogurt & Cheese Pack	LUNCH: Entree: French Toast Sticks with Sausage Patties Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ Salad: Cheesy Romaine & Roll Express: Turkey & Cheese Sub	LUNCH: Entree: Tater Tot Beef Nachos w/ Roll Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ Salad: Cheesy Romaine & Roll Express: Pretzel, Yogurt & Cheese Pack
Baked Beans, Baby Carrots, Mixed Fruit, Fresh Orange, Grape Juice	Golden Corn, Cucumber Slices, Pears, Fresh Banana, Apple Juice	Glazed Carrots, Celery Sticks, Blueberries, Apple Wedges, Fruit Juice	Tater Tots, Fresh Broccoli, Applesauce, Craisins, Apple Juice	Steamed Broccoli, Red Pepper Strips, Peaches, Strawberries, Fruit Juice
BREAKFAST Sausage Pancake Wrap 15	BREAKFAST Cheesy Egg Biscuit 16	BREAKFAST Sausage Breakfast Pizza	BREAKFAST Sausage & Cheese Biscuit	BREAKFAST Chicken Snack Wrap
LUNCH: Entree: Mini Corn Dogs w/ Macaroni & Cheese Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ Salad: Popcorn Chicken Salad & Roll Express: Turkey & Cheese Sub French Fries, Baby Carrots,	LUNCH: Entree: Taco Pizza Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ Salad: Popcorn Chicken Salad & Roll Express: Apple Slices, Yogurt & Cheese Pack,	LUNCH: Buffalo Cheese Pizza Sticks Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ Salad: Popcorn Chicken Salad & Roll Express: Turkey & Cheese Sub	LUNCH: Popcorn Chicken Bowl & Roll Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ Salad: Popcorn Chicken Salad & Roll Express: Apple Slices, Yogurt & Cheese Pack,	LUNCH: Chicken Alfredo w/ Penne Pasta & Garlic Knot Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ Salad: Popcorn Chicken Salad & Roll Express: Turkey & Cheese Sub
Mixed Fruit, Orange Wedges, Grape Juice	Refried Beans, Fresh Broccoli, Pears, Fresh Banana, Apple Juice	Seasoned Peas, Red Pepper Strips, Blueberries, Apple Wedges, Fruit Juice	Golden Corn, Cucumber Slices, Applesauce, Raisins, Apple Juice	Green Beans, Celery Sticks, Peaches, Strawberries, Fruit Juice
BREAKFAST Cheesy Egg Biscuit LUNCH: Entree: Beef Soft Tacos Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ Salad: Italian Salad & Roll Express: Pretzel, Yogurt & Cheese Pack Refried Beans, Baby Carrots, Mixed	BREAKFAST French Toast Sticks LUNCH: Entree: Salisbury Steak w/ Roll Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ Salad: Italian Salad & Roll Express: Turkey & Cheese Sub Mashed Potatoes, Cucumber Slices,	BREAKFAST Sausage Biscuit LUNCH: Entree: Mini Maple Pancakes w/ Cheese Omelet Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ Salad: Italian Salad & Roll Express: Pretzel, Yogurt & Cheese Pack Tater Tots, Celery Sticks, Apple	BREAKFAST: Chocolate Filled Crescent LUNCH: Entree: Fajita Chicken Flatbread Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ Salad: Italian Salad & Roll Express: Turkey & Cheese Sub Golden Corn, Fresh Broccoli, Applesauce, Craisins, Apple Juice	BREAKFAST: Mini Cinni LUNCH: Entree: Buffalo Chicken Mac & Cheese Daily: Chicken Sandwich, Cheeseburger, Spicy Chicken Sandwich, Nachos, PBJ Salad: Italian Salad & Roll Express: Pretzel, Yogurt & Cheese Pack Steamed Broccoli, Red Pepper Strips,
Fruit, Fresh Orange, Grape Juice BREAKFAST Blueberry Snack'n Waffles	Pears, Fresh Banana, Apple Juice BREAKFAST	Wedges, Blueberries, Fruit Juice		Peaches, Strawberries, Fruit Juice
Blueberry Snack'n Waffles 29 LUNCH: Entree: Corn Dog	Cheese Bosco Stick LUNCH:			