Cambridge Middle School
Middle School Lunch Menu

October 2026

Fresh EATS BISTRO

Director of Food & Nutrition
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Monday	Tuesday	Wednesday	Thursday	Friday
Eat well, feel great, be amazing.			1 **Popcorn Chicken Bowl w/sl Bread** Steamed Carrots Cinnamon Applesauce	2 **French Toast w/sausage** Tator Tots Mandarin Oranges
5 **Sweet & Sour Chicken over Rice** Broccoli Fruited Gelatin	6 **Chicken Nachos w/sl bread** Bbq Baked Beans Diced Peaches	7 **Chicken Alfredo w/breadstick** Green Beans Mixed Fruit	8 **Boneless Wings w/garlic bread** Steamed Carrots Cinnamon Applesauce	9 **Pancakes and Sausage** Tator Tots Blueberry Crisp
12 **Chicken Nuggets w/pretzel** Cheesy Broccoli Pineapple Tidbits	13 **Beef Walking Taco** Refried Beans Cinnamon Applesauce	14 **Chicken and Waffles** French Fries Apple Crisp	15 NO SCHOOL	16 NO SCHOOL
19 **Breaded Chicken Parmesan** Mixed Vegetables Fruited Gelatin	20 **Chicken Quesadilla** Cheesy Refried Beans Diced Peaches	21 **Sloppy Nachos** Oven Roast Carrots Mixed Fruit	22 **General Tso Chicken Bowl** Steamed Broccoli Cinnamon Applesauce	23 **Pepperoni and Cheese Stromboli** Steamed Corn Mandarin Oranges
26 **Chicken Sliders** Green Beans Diced Pears	27 **Beef and Cheese Nachos** Baked Beans Pineapple Tidbits	28 **Spaghetti with Meatsauce or Meatballs w/breadstick** Green Beans Diced Peaches	29 **Chicken Tenders w/Fresh Bread** Oven Roasted Carrots Cinnamon Applesauce	30 **Sausage Egg and Cheese Bagel** Tator Tots Mandarin Oranges

National School Lunch Week

Daily Milk Options: Chocolate, Strawberry and White

THE PIZZERIA

Cheese Pizza
Pepperoni Pizza

THE GRILL

Mondays: BBQ Rib
Tuesdays: Cheeseburger on Bun
Wednesdays: BBQ Rib
Thursdays: Cheeseburger on Bun
Fridays: Hotdog on Bun

Featured Fav
Mondays: Dill Flavored Chicken Sandwich
Tuesdays: Corn Dog Nuggets
Wednesdays: Chicken Nuggets w/sl bread
Thursdays: Bosco Sticks
Fridays: Chicken Patty on Bun

Salads, Yogurt, Parfaits, Deli Sandwiches available daily

USDA is an equal opportunity provider, employer, and lender.
Menu subject to change.

The Nutrition Group