

OCTOBER 2026

Roane County Schools Middle



Daily offering: Entrée leafy green salad, fresh fruit, chilled fruit, grab and go meal and milk variety.
Menu subject to change

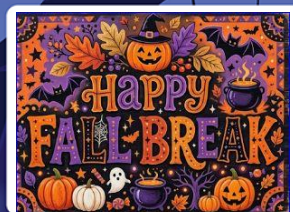
Monday

Tuesday

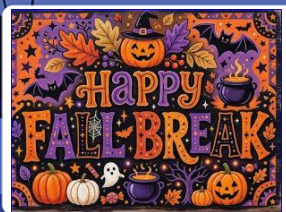
Wednesday

Thursday

Friday



5



6



7



8



9

Popcorn Chicken
Roll
Mashed Potatoes
Steamed Carrots

12

Spaghetti & Meatballs
Breadstick
Steamed Broccoli
Spiced Apples

13

Chicken Wings
Roll
Celery/Carrots w/ Ranch
Fries

14

Chicken Tenders
Fish
Hushpuppies or Cornbread
Pinto Beans
Turnip Greens

15

Pizza
Chili Frito Pie
Leafy Green Salad
Buttered Corn

16

Chicken Sandwich
Tater Tots
Steamed carrots

19

Cheese Sticks w/
Marinara
Buttered Corn
Steamed Vegetable
Medley

20

Hamburger
Lettuce, Tomato, Pickle
Fries
Steamed Broccoli

21

Chicken Nuggets
Roll
Mashed Potatoes
Southern Green Beans

22

Pizza
Corn Dog
Baked Beans
Veggie Pick Ups w/Dip

23

Chicken & Waffles
Hashbrowns
Spiced Apples

26

Breaded Steak w/
White Gravy
Roll
Southern Green Beans
Mashed Potatoes

27

Tacos-Chicken or Beef
Lettuce. Tomato, Sour
Cream
Mexican Corn
Ranchero Beans

28

Chicken Alfredo
Breadstick
Leafy Green Salad
Steamed Carrots

29

Pizza
Chicken Noodle Soup
w/Toasted Cheese Sandwich
Steamed Broccoli
Veggie Pick Ups w/Dip

30

- Pears grow on trees in orchards. It takes a pear tree about 4-5 years to start making fruit!
- Pears are grown in many countries including the United States, China, Italy and France
- There are many kinds of pears-like Bartlett, Bosc, Anjou and Red pears.

