

November 2026

Cascade Middle School

LUNCH MENU

Daily Offering:
PBJ Sandwich, Chicken Patty Sandwich, Spicy Chicken Patty Sandwich, Cheeseburger, Deli Sub Sandwich, Fresh Salads, Homemade Pepperoni & Cheese Pizza, Nachos

All Lunches Must Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat Milk

Powering potential.

MON	TUES	WED	THURS	FRI
2 **BRK:** SAUSAGE & CHEESE ENGLISH MUFFIN, CINNAMON BREAKFAST BUN **LUNCH:** PIZZA WAFFALACO Golden Corn, Baby Carrots, Mixed Fruit, Blueberries, Fruit Juice	 **3** **BRK:** **BLUEBERRY YOGURT PARFAIT**, BREAKFAST PIZZA, **LUNCH:** FRENCH TOAST STICKS W/ SAUSAGE PATTIES Tater Tots, Celery Sticks, Fresh Banana, Peaches, Orange Juice	**4** **BRK:** CHEESY EGG CROISSANT, MINI CINNI **LUNCH:** CHICKEN ALFREDO WITH PENNE PASTA & GARLIC TOAST Seasoned Green Beans, Romaine Salad, Fresh Apple Wedges, Pears, Grape Juice	**5** **BRK:** SAUSAGE PANCAKE WRAP, BANANA MUFFIN **LUNCH:** TURKEY BARBACOA SOFT TACOS Seasoned Refried Beans, Red Peppers, Applesauce, Raisins, Apple Juice	**6** **BRK:** BOSCO STICK, CINNAMON CHIP GLAZED SCONE **LUNCH:** TATER TOT BEEF NACHOS Mixed Veges, Cucumber Slices, Fresh Orange, Pineapple Tidbits, Fruit Juice
 **9** BRK: SAUSAGE BREAKFAST PIZZA, MINI STRAWBERRY BAGEL **LUNCH:** BOSCO STICKS & PIZZA RANCH SAUCE French Fries, Fresh Baby Carrots, Mixed Fruit , Blueberries, Fruit Juice	**10** **BRK:** SAUSAGE & CHEESE BISCUIT, CHOCOLATE DONUT HOLES **LUNCH:** BEEF SOFT TACOS Refried Beans, Cucumber Slices, Fresh Banana, Peaches, Apple Juice	**11** **BRK:** CHEESY EGG ENGLISH MUFFIN, APPLE FRUDEL **LUNCH:** 3 CHEESE MACARONI & CHEESE Seasoned Green Beans, Red Peppers, Fresh Apple Wedges, Pears, Grape Juice	**12** **BRK:** BACON, EGG & CHEESE BREAKFAST BURRITO, WAFFLES **LUNCH:** COUNRTY POPCORN CHICKEN BOWL with ROLL Golden Corn, Fresh Romaine Salad, Applesauce, Raisins, Orange Juice	 **13** **BRK:** SAUSAGE, EGG & CHEESE BAGEL, CINNAMON SUGAR DONUT **LUNCH:** CHILI ORANGE GLAZED POPCORN CHICKEN & RICE Roasted Baby Carrots, Celery Sticks, Fresh Orange, Pineapple Tidbits, Fruit Juice
16 BRK: EGG & CHEESE CROISSANT, CHOCOLATE MUFFIN **LUNCH:** CHICKEN QUESADILLA Kickn Pinto Beans, Baby Carrots, Mixed Fruit, Blueberries, Fruit Juice	 **17** **BRK:** BACON, EGG & CHEESE BREAKFAST BURRITO, FRENCH TOAST STICKS **LUNCH:** Turkey & Noodles W/ HAWAIIAN ROLL Green Beans, Mashed Potatoes Grape Tomatoes, Fresh Banana, Pears, Apple Juice, **Pumpkin Pudding**	**18** **BRK:** SAUSAGE & CHEESE ENGLISH MUFFIN, MINI CINNI **LUNCH:** MINI PANCAKES WITH CHEESE OMELET Tater tots, Fresh Broccoli, Warm Cinnamon Peaches, Fresh Apple Wedges, Orange Juice	**19** **BRK:** SAUSAGE BREAKFAST PIZZA, CHOCOLATE CRESCENT **LUNCH:** CORN DOG Golden Corn, Celery Sticks, Applesauce, Raisins, Grape Juice	**20** **BRK:** SAUSAGE PANCAKE WRAP, CINN BREAKFAST BUN **LUNCH:** BUFFALO POPCORN CHICKEN MAC & CHEESE Romaine Salad, Fresh Orange, Pineapple Tidbits, Fruit Juice
23				**27**
30 **BRK:** SAUSAGE PANCAKE WRAP, BLUEBERRY MUFFIN **LUNCH:** CHILI CHEESE DOG Golden Corn, Baby Carrots, Mixed Fruit, Blueberries, Fruit Juice				

Menus are subject to change.



Show Up. Show Out. Go Cadets!

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This institution is an equal opportunity provider.