

October 2025

Eastpointe Community Schools

Middle School Lunch Menu

A Complete Meal must have at least 3 Components (Grain, Protein, Fruit, Vegetable and Dairy).

All breakfasts are served with juice

All meals come with 1% Milk

Menu Subject to change

Lunch is served Monday through Friday, check the school website for times

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Tenders with Sweet Potato Fries Fresh Green Beans	2 Beef and Cheese Nachos W/WG tostitos Salsa and sour cream	3 Pepperoni or Cheese Pizza w/salad
6 1.Spaghetti and meatballs with WG Garlic Breadstick Fresh Green Beans	7 Chicken Patty on WG Hamburger Buns Baked Beans	8 1.WG Breaded Drumstick w/mashed potatoes w/dinner Roll Corn	9 Half Day WG French Toast Sticks with Turkey Sausage and Tator Tots	10 Pepperoni or Cheese Pizza w/salad
13 1.WG Macaroni and Cheese WG Pretzel Sticks	14 WG Maple Pancakes w/turkey on a stick	15 1.Hamburger w/cheese on wg hamburger bun Baked Beans	16 WG French Toast Sticks with Turkey Sausage and Tator Tots	17 Pepperoni or Cheese Pizza w/salad
20 No School	21 WG Wings w/WG Pretzel sticks with cheese	22 Popcorn Chicken bowl with mashed potatoes and corn	23 1.Beef and cheese on WG Tortilla Salsa and Sour Cream Black Beans	24 Pepperoni or Cheese Pizza w/salad
27 1.Cajun Chicken Alfredo Pasta W/WG Roll Fresh Green Beans	28 Spicy Chicken Tenders or Regular Tenders with Educational Cookies	29 Beef stroganoff w/wg noodles w/wg dinner roll	30 Beef and Cheese Walking Taco w/salsa and sour cream Black Beans	31 Half Day