

# October 2023 Lunch Menu



Mon	Tues	Wed	Thu	Fri
<b>2</b> Golden Chicken Nuggets Macaroni & Cheese Honeyed Carrots Banana Milk	<b>3</b> Chicken Fajitas Savory Rice Fresh Cauliflower Juicy Orange Milk	<b>4</b> Stuffed Crust Pizza Tossed Salad Pepper Slices Fruit Salad Milk	<b>5</b> White Chicken Chili Or Chicken Noodle Soup Cornbread Cucumber Slices Peaches Milk	<b>6</b> Sloppy Joe Roasted Red Potatoes Greek Pasta Salad Apple Slices Cookie Milk
<b>9</b> Chicken Tetrizzini Garlic Bread Steamed Broccoli Fresh Pineapple Milk	<b>10</b> Chicken Parmesan Caesar Salad Fresh Veggies Applesauce Milk	<b>11</b> French Toast w/Syrup Sausage Patty Hash Brown Orange Juice Yogurt Parfait Milk	<b>12</b> Hot Dog Baked Beans Tater Tots Fresh Celery Mandarin Oranges Milk	<b>13</b> Terrific Tacos Refried Beans Sliced Pears Churro Milk
<b>16</b> Pulled Pork Sandwich Creamy Crunchy Corn Cole Slaw Fresh Grapes Milk	<b>17</b> Chicken Quesadillas Savory Rice Mexican Black Beans Fruit Slush Milk	<i>Senior Meal</i> <b>18</b>	<b>19</b> Hoagie Baked Chips Baby Carrots Fruit Smoothie Milk	<i>No School</i>  <i>Virtual Day</i>
<b>23</b> Popcorn/Asian Chicken Savory Rice Green Beans Banana Milk	<b>24</b> Chicken Patty or Fish Sandwich Scalloped Potatoes Peas Frozen Fruit Cup Milk	<b>25</b> Philly Cheesesteak French Fries Diced Peaches Chocolate Milkshake Milk	<b>26</b> Broccoli Cheese or Potato Soup Homemade Soft Pretzel Baby Carrots Apple Slices Milk	<b>27</b> BMS Chef Salad French Fries Grape Tomatoes Fresh Fruit Cup Milk
<b>30</b> Meatball Stroganoff Dinner Roll Steamed Broccoli Applesauce Milk	<b>31</b> Turkey Cheddar Melt Sweet Potato Fries Fresh Veggies Fresh Grapes Milk			

In accordance with the USDA guidelines, students must choose at least 3 of the 5 meal components, one of which must be a fruit or vegetable side.

Each day, students may choose to order a Chef Salad as a substitute for the main entrée listed on our lunch menu.

Milk Choices:  
(with every meal)  
1% White  
1% Chocolate

**Lunch Prices:**

**Elem \$2.75**

**MS/HS \$2.95**

**Reduced \$0.40**



*Menu subject to change*