

# October 2020 Lunch Menu



Mon	Tues	Wed	Thu	Fri
			1	2
			Golden Chicken Nuggets Macaroni & Cheese Honeyed Carrots Frozen Fruit Cup Milk	Hoagie Baked Chips Crisp Cucumbers Fresh Pineapple Milk
5	6	7	8	9
Chicken Quesadillas Savory Rice Salsa w/ Corn Chips Fruit Smoothie Milk	Tomato Soup Grilled Cheese Sandwich Fresh Veggies Diced Peaches Milk	Chicken Tetrazzini Dinner Roll Steamed Broccoli Applesauce Milk	Big Valley Burger French Fries Banana Oatmeal Cookie Milk	Walking Tacos Refried Beans Apple Slices Ice Cream Cup Milk
12	<b>Senior Meal</b> 13	14	15	16
Meatball Stroganoff Dinner Roll Green Beans Applesauce Milk	Chicken & Waffles w/ Gravy Seasoned Peas Grape Tomatoes Frozen Fruit Cup Oreo Pudding Milk	Baked Potato Cowboy Beans Cheesy Broccoli Fresh Grapes Pumpkin Squares Milk	Super Nachos Seasoned Corn Fresh Veggies Diced Pears Milk	Chicken Patty <u>or</u> Fish Sandwich Scalloped Potatoes Baby Carrots Fruit Salad Milk
19	20	21	22	23
Hot Dog Baked Beans Tater Tot Mandarin Oranges Creamy Pudding Cup Milk	Meatball Sub Baked Chips Baby Carrots Apple Slices Milk	Stromboli Squares Tossed Salad Fresh Broccoli Fruit Salad Milk	Broccoli Cheese <u>or</u> Potato Soup Soft Pretzel Melon Medley Milk	<b>No School</b>
26	27	28	29	30
Chicken Parmesan Garlic Bread Roasted Chick Peas Applesauce Milk	Ham & Cheese Sliders Sweet Potato Fries Pepper Slices Fruit Slush Milk	Pulled Pork On Bavarian Pretzel Roll Creamy Crunchy Corn Cherry Tomatoes Diced Pears Milk	Breakfast Casserole Pop tart Orange Juice Yogurt Parfait Milk	Popcorn Chicken <u>or</u> Asian Chicken Savory Rice Green Beans Mandarin Oranges 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 \$2.65**  
**MS/HS \$2.85**  
**Reduced \$0.40**  
**Extra Milk \$0.50**



Menu subject to change