

October 2022 Lunch Menu



Mon	Tues	Wed	Thu	Fri
3 Stuffed Crust Pizza Tossed Salad Fresh Veggies Banana Rice Crispy Treat Milk	Terrific Tacos Refried Beans Mandarin Oranges Sidekick Frozen Treat Milk	5 Turkey Cheddar Melt Wedge Fries Cherry Tomatoes Apple Slices Milk	6 Chicken Alfredo Breadstick Roasted Vegetables Diced Peaches Milk	7 Sunrise Sandwich Tater Tot Pepper Slices Yogurt Parfait Fruit Juice Milk
10 Chipotle Bar (Seasoned Chicken, Rice, Beans, Lettuce, Salsa) Seasoned Corn Juicy Orange Milk	11 Chili or Cheeseburger Soup Garlic Knot Baby Carrots Juicy Watermelon Milk	12 Chicken Patty <u>or</u> Fish Sand- wich Scalloped Potatoes Fresh Broccoli Diced Pears Milk	13 Popcorn <u>or</u> Asian Chicken Savory Rice Green Beans Fruit Smoothie Milk	14 Grilled Chicken Salad <u>or</u> Chicken Croissant Sandwich French Fries Diced Peaches Apple Crisp Milk
17 Chicken Parmesan Garlic Bread Steamed Broccoli Fruit Salad Milk	18 Golden Chicken Nuggets Macaroni & Cheese Honeyed Carrot Coins Frozen Fruit Cup Cupcake Milk	19 Stromboli Squares Tossed Salad Pepper Slices Fruit Slush Milk	20 Pulled Pork On a Bavarian Pretzel Roll Creamy Crunchy Corn Cucumber Slices Applesauce Milk	21 Home/Virtual Day for Stu- dents Teacher Inservice
24 Chic Fillet Sandwich Waffle Fries Baby Carrots Fresh Fruit Cup Milk	25 Baked Potato Cowboy Beans Cheesy Broccoli Fresh Grapes Milk	26 Waffles Sausage Patty Hashbrown Orange Juice Yogurt Cup Milk	27 Meatball Stroganoff Dinner Roll Green Beans Diced Pears Milk	28 Sloppy Joe Roasted Red Potatoes Greek Pasta Salad Fresh Pineapple Milk
31 Hoagie Baked Chips Fresh Broccoli Apple Slices Cookie 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
 **Extra Milk \$.50



Menu subject to change