

Lunch

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1 WG Spaghetti and Meatballs Whole Grain Garlic Toast Italian Peas Tomato-Basil & Mozzarella Salad	2 Grilled Cheese Sandwich On whole-grain bread Roasted Tomato Soup Brussels Sprouts	3 Fajita Chicken Cilantro-Lime Brown Rice Black Beans Roasted Corn & Peppers	4 Grilled Chicken Sandwich on a Whole-Grain Bun Tater Tots Roasted Vegetable Medley
7 Mandarin Orange Chicken Whole Grain Roll Brown Rice Pineapple-Glazed Broccoli	8 Cheese-Stuffed Breadsticks with Marinara dipping sauce Vegetable Medley Spinach Salad	9 Indian Tandoori Chicken Whole-Grain Flat Bread Roasted Potatoes Ginger Green Beans	10 Pork Soft Taco Refried Beans All the Toppings	11 All-Beef Hotdog on a Whole-Grain Bun Potato Wedges Miso-Roasted Baby Carrots
14 WG Chicken Tenders Whole Grain Roll Lemony Asparagus Cinnamon-Honey Sweet Potatoes	15 WG Pepperoni Pizza Roasted Veggie Medley Caesar Salad	16 Honey Chicken Drumstick WG Hawaiian Roll Yellow Rice Butternut Polonaise	17 Turkey Chili con Carne Tortilla Chips Whole Grain Corn Muffin Cilantro-Lime Cauliflower	18 All-Beef Hamburger on a Whole-Grain Bun Tater Tots Roasted Zucchini & Corn
21 Korean BBQ Meatballs Whole Grain Roll Brown Rice Sesame Broccoli	22 WG Ramen Noodle Bowl with Chicken and Egg Roasted Mushrooms Assorted Veggie Toppings	23 Baked Potato w/ Cheese Sauce & Chicken Whole-Grain Pretzel Steamed Broccoli	24 Cheese Quesadilla Pizza Black Beans Fiesta Sweet Corn All the Toppings	25 Chicken Burger on a Whole-Grain Bun Potato Wedges Roasted Veggie Medley
28 Chicken Corn Dog Green Bean & Corn Casserole Roasted Baby Carrots	29 WG Cheese Lasagna Roll Whole Grain Garlic Toast Baked Zucchini & Tomatoes	30 Hawaiian Huli Huli Chicken Brown Rice Pilaf WG Hawaiian Roll Pineapple-Glazed Brussels Sprouts	31 Beef Soft Taco Refried Beans All the Toppings	1 BBQ Pork Sandwich on a Whole-Grain Bun Tater Tots Creamy Broccoli Salad

Available Daily: Salad Bar, Fresh Fruit, 1% Unflavored Milk, Fat Free Chocolate Milk and Water

PreK-3 = Free of Charge	Grades 4 -5 = \$2.75	Grades 6-12 = \$3.00	Adults / Visitors = \$5.00	A LA CART = Not Available
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This institution is an equal opportunity provider.