

LUNCH

October 2022

All meals include 1/2 pint milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 FALL BREAK	4 FALL BREAK	5 FALL BREAK	6 FALL BREAK	7 FALL BREAK
10 Mac & Cheese Baby Carrots Edamame Fresh Fruit Sliced Peaches (9-A) WG Roll (9-A)	11 Pepperoni Pizza Veggie Stix Steamed Corn Fresh Fruit Fruit Punch (9-A)	12 Hamburger Curry Steamed Rice Steamed Corn, Broccoli POG Slushy WG Roll Fresh Fruit (9-A)	13 Tuna Sandwich Chicken Noodle Soup Cherry Tomatoes Veggie Stix Fresh Fruit Mixed Fruit (9-A)	14 Asian Chicken Steamed Rice Broccoli Baked Beans Apple Chips Mixed Fruit (9-A) WG Roll (9-A)
17 Creole Mac Green Salad Edamame Applesauce Sliced Peaches (9-A) WG Garlic Bread (9-A)	18 Cheese Bites Marinara Sauce Cup Veggie Stix Concord Grape Slushie Fresh Fruit (9-A)	19 Teri-Burger Potato Wedges Lettuce leaf, Tomato Slice Fresh Fruit Mixed Fruit (9-A)	20 Breaded Chicken Tenders Steamed Rice Edmame Steamed Corn Sliced Peaches Pine Chunk (9-A)	21 Roast Turkey w/ Gravy Whipped Potatoes WG Roll Zucchini Stix, Carrots Diced Pears Mixed Fruit (9-A)
24 Fish Sandwich Wedge Fries Veggie Stix Baked Beans Slushy Diced Pears (9-A)	25 Cheese Pizza Green Salad Baby Carrots Fresh Fruit Pine Chunks (9-A)	26 Spaghetti w/ Meat Sauce WG Garlic Bread Fresh Fruit Green Salad Cucumber, Edamame Mixed Fruit (9-A)	27 Hot dog in a Bun Tater Tots Coleslaw Apple Crisps Pine Chunks (9-A)	28 Roast Pork w/ Gravy Steamed Rice Steamed Broccoli Cran Razz Juice Baby Carrots Fresh Fruit (9-A) WG Roll (9-A)
31 COMPLEX DAY (NO SCHOOL)				

**This institution is an equal opportunity provider.
MENU SUBJECT TO CHANGE**