



**Lunch Menu
K-8th Grade
October 2022**

This institution is an equal opportunity provider.

Serving Sizes are as follows:

K - 5th Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

6th – 8th Grade - Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
October 3 Meatballs in Marinara Sauce on WG Hoagie Roll Shredded Mozzarella Cheese Green Beans Fruit Milk	October 4 Chicken Taco w/ Shredded Cheddar Cheese Lettuce Corn WG Flour Tortilla Salsa Fruit Milk NATIONAL TACO DAY	October 5 Turkey Ham & Cheddar Cheese on WG Bun Baby Carrots Chic peas Fruit Mayo Milk	October 6 Roast Turkey w/ Gravy Whole Wheat Bread Corn Fruit Butter Milk	October 7 <p style="text-align: center;">Early Dismissal</p>
October 10 Hamburger Sliced Cheddar Cheese WG Sandwich Bun Sweet Potato Fries Fruit Milk	October 11 WG Chicken Tenders Mashed Potatoes Dinner Roll Fruit Honey Mustard Milk	October 12 Turkey & Cheese Sandwich Whole Grain Sandwich Roll Celery Sticks (Diced Tomatoes) Chic Peas Fruit Lite Ranch Dressing Milk	October 13 Swedish Meatballs WG Pasta w/ Butter Green Beans Fruit Milk	October 14 BBQ Chicken & Cheese Wrap on WG Flour Tortilla Carrot Sticks Chic Peas Fruit Milk
October 17 <p style="text-align: center;">Parent Conferences No School for Students</p>	October 18 Taco Beef Brown Rice Corn & Black Bean Salad Shredded Cheddar Cheese Fruit Milk	October 19 Grilled Chicken Romaine Lettuce w/ Parmesan Cheese WG Dinner Roll w/ Butter Caesar Dressing Fruit Milk	October 20 Baked Ziti w/ Grilled Chicken <i>(WG Pasta w/ tomato sauce and mozz cheese)</i> Green Beans Fruit Milk	October 21 Turkey & Cheese on WW Bread Mayonnaise Baby Carrots Chic Peas Ranch Dressing Fruit Milk
October 24 Chicken Patty Sandwich WG Sandwich Roll Sweet Potato Fries Fruit Milk	October 25 Mac & Cheese w/ WG Pasta Peas & Carrots Dinner Roll Fruit Milk	October 26 Turkey and Cheddar Cheese Chef Salad Romaine Lettuce w/ Tomato & Cucumbers Ranch Dressing WG Dinner Roll w/ Butter Fruit Milk	October 27 Beef Chili Baked Potato Shredded Cheddar Cheese Dinner Roll Fruit Milk NATIONAL POTATO DAY	October 28 Pizza Sticks w/ Marinara Sauce Carrots Fruit Milk
October 31 Turkey Ham Steak Whole Wheat Bread Peas & Carrots Fruit Milk	November 1 Beef BBQ on WG Bun Potato Wedges Fruit Milk	November 2 Grilled Chicken Garden Salad Carrot Sticks Ranch Dressing WG Dinner Roll Fruit Milk	November 3 Hamburger Macaroni & Cheese w/ WG Pasta Sweet Potato Fries Green Beans Fruit Milk	November 4 Turkey Ranch and Cheddar Cheese Wrap on WG Flour Tortilla Garbanzo Beans Baby Carrots Fruit Milk

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos