

Monday

TUESDAY

OCTOBER

Wednesday

Thursday

FRIDAY

All students will be offered 5 components at lunch: meat/protein, bread/grain, fruit, vegetables, and milk. Students must select a ½ cup serving of fruit or vegetable and two other components for lunch. Students may take all 5 components.

Yogurt & Graham Crackers Offered Daily (Entrée Alternative)

Fruit Variety Served Daily

1% white milk or Non-fat Chocolate milk offered daily.

6

Fish Tacos

Shredded Cabbage
Carrot Sticks
Ranch Dressing
Salsa

7

Chicken Sandwich

Romaine Salad
Cauliflower
Ranch Dressing
Catsup

1

**Turkey & Cheese
Grinders**

Romaine Salad
Sliced Cucumbers
Sandwich Spread
Ranch Dressing

2

**Green Chicken Pozole
w/Tortilla Chips**

Shredded Cabbage
Lemon Wedges

3

**Mac & Cheese
w/Roll**

Romaine Salad
Grape Tomatoes
Ranch Dressing

8

BBQ Cheeseburger

Romaine Salad
Celery Sticks
Ranch Dressing

9

**Turkey Combo
Burritos**

Romaine Salad
Ranch Dressing
Verde Rebelde Salsa

10

**3-Bean Deluxe
Nachos w/Cheese**

Romaine Salad
Grape Tomatoes
Ranch Dressing
Salsa

13

**NO
SCHOOL**

14

**Primavera Penne
w/Meatballs**

Romaine Salad
Carrot Sticks
Ranch Dressing

15

**Chicken Shawarma
w/Pita Bread**

Romaine Salad
Ranch Dressing

National Shawarma Day!

16

**Lola's Chicken Adobo
w/Steamed Rice**

Romaine Salad
Broccoli
Ranch Dressing

17

**Beef Picadillo
w/Tortilla Chips**

Seasoned Pinto Beans
Romaine Salad
Ranch Dressing

20

Walking Turkey Tacos

Shredded Lettuce
Grape Tomatoes
Ranch Dressing
Salsa

21

**Orange Chicken
w/Chow Mein**

Romaine Salad
Fresh Broccoli
Ranch Dressing

22

**Beef Enchilada
Casserole**

Romaine Salad
Green Beans
Ranch Dressing

23

Pepperoni Pizza

Romaine Salad
Jicama Sticks
Ranch Dressing

24

Cheesy Quesadillas

Seasoned Pinto Beans
Carrot Sticks
Ranch Dressing
Salsa

27

**Teriyaki Beef Dippers
w/Rice**

Romaine Salad
Fresh Broccoli
Ranch Dressing

28

Chicken Corn Dogs

Seasoned Black Beans
Carrot Sticks
Ranch Dressing
Catsup
Mustard

29

**Beef Meatball
w/Cheese**

Romaine Salad
Sliced Cucumbers
Ranch Dressing

30

**Red Turkey Pozole
w/Tortilla Chips**

Shredded Cabbage
Lemon Wedges
Jicama Sticks
Ranch Dressing

31

**Bat Shaped Chicken
Nuggets**

Romaine Salad
Grape Tomatoes
Ranch Dressing

This Institution is an Equal Opportunity Provider.

**HAPPY
HALLOWEEN**