

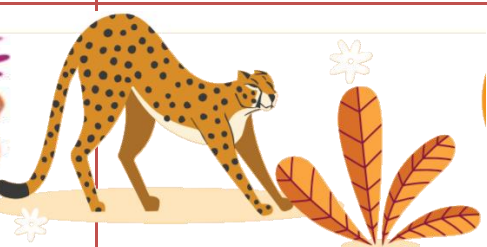





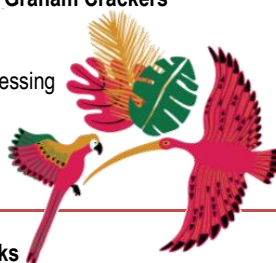








## October Lunch Menu:

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  				
<p><b>4</b>  <b>Cheese Pizza</b>  <b>Yogurt &amp; Graham Crackers</b>                      Carrot Nibbles                      Apples                      Ranch Dressing</p>	<p><b>5</b>  <b>Turkey Tacos w/Cheese</b>  <b>Yogurt &amp; Graham Crackers</b>                      Celery                      Grapes                      Ranch Dressing                      Salsa</p> 	<p><b>6</b>  <b>Chicken Sandwich</b>  <b>Yogurt &amp; Graham Crackers</b>                      Carrots                      Banana                      Ranch Dressing</p> 	<p><b>7</b>  <b>*Ham &amp; Cheese Grinder</b>  <b>Yogurt &amp; Graham Crackers</b>                      Salad                      Strawberries                      Ranch Dressing</p> 	<p><b>8</b>  <b>Orange Chicken w/Oriental Rice</b>  <b>Yogurt &amp; Graham Crackers</b>                      Carrots                      Craisins</p> 
<p><b>11</b>  <b>Cheesy Nachos</b>  <b>Yogurt &amp; Graham Crackers</b>                      Carrots                      Apple                      Ranch Dressing                      Salsa</p> 	<p><b>12</b>  <b>Chicken Tostada w/Cheese</b>  <b>Yogurt &amp; Graham Crackers</b>                      Broccoli                      Grapes                      Salsa</p>	<p><b>13</b>  <b>Combo Burrito</b>  <b>Yogurt &amp; Graham Crackers</b>                      Corn                      Banana                      Salsa</p>	<p><b>14</b>  <b>*Pizza Hut Pepperoni Pizza</b>  <b>Yogurt &amp; Graham Crackers</b>                      Salad                      Pineapple</p>	<p><b>15</b>  <b>Italian Bake w/Dinner Roll</b>  <b>Yogurt &amp; Graham Crackers</b>                      Carrots                      Craisins                      Ranch Dressing</p> 
<div style="display: flex; justify-content: space-between; align-items: center;"> <span style="font-size: 2em;">←</span> <h1 style="margin: 0;">National School Lunch Week</h1> <span style="font-size: 2em;">→</span> </div>				
<p><b>18</b>  <b>Macaroni &amp; Cheese w/Roll</b>  <b>Yogurt &amp; Graham Crackers</b>                      Carrot                      Grapes                      Ranch Dressing</p> 	<p><b>19</b>  <b>Mini Corndogs</b>  <b>Yogurt &amp; Graham Crackers</b>                      Zucchini                      Apple                      Catsup                      Mustard</p>	<p><b>20</b>  <b>Cheeseburger</b>  <b>Yogurt &amp; Graham Crackers</b>                      BBQ Pinto Beans                      Banana                      Catsup                      Mustard</p> 	<p><b>21</b>  <b>Turkey Gravy w/Mashed Potatoes &amp; Roll</b>  <b>Yogurt &amp; Graham Crackers</b>                      Romaine Salad                      Sliced Apples                      Ranch Dressing</p>	<p><b>22</b>  <b>Fish Sticks</b>  <b>Yogurt &amp; Graham Crackers</b>                      Crinkle Fries                      Craisins                      Catsup</p>
<p><b>25</b>  <b>Popcorn Chicken</b>  <b>Yogurt &amp; Graham Crackers</b>                      Carrots                      Apple                      Ranch Dressing</p> 	<p><b>26</b>  <b>BBQ Chicken Sandwich</b>  <b>Yogurt &amp; Graham Crackers</b>                      Broccoli                      Apricots                      Catsup</p> 	<p><b>27</b>  <b>Teriyaki Beef Dippers w/Oriental Rice</b>  <b>Yogurt &amp; Graham Crackers</b>                      Celery                      Grapes                      Ranch Dressing</p>	<p><b>28</b>  <b>Green Chili Chicken Enchilada</b>  <b>Yogurt &amp; Graham Crackers</b>                      Salad                      Orange Wedges                      Salsa                      Ranch Dressing</p> 	<p><b>29</b>  <b>Burger Buddies</b>  <b>Yogurt &amp; Graham Crackers</b>                      Mixed Vegetables                      Craisins                      Ranch Dressing                      Catsup                      Mustard</p> 

Menu subject to change without notice

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

\*Menu items may contain **PORK**