



Lunch Menu

October 2021

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

K - 5th Grade – Meat/MA 2oz, Grain 2oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

6th – 8th Grade - Meat/MA 2oz, Grain 2oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

9th – 12th Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
<p>October 4 Turkey & Cheese on WW Bread Mayonnaise Carrot Sticks (Peas) Ranch Dressing Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread Lunch Alt: Chicken Fingers</p>	<p>October 5 BBQ Meatballs Buttered Noodles Green Beans Fruit Milk Tofu Lunch Alt: Turkey & Cheese Sandwich</p>	<p>October 6 Grilled Chicken Garden Salad w/ Cheese & Tomato Ranch Dressing Dinner Roll w/ Butter Fruit Milk Edamame Lunch Alt: Chicken Fingers</p>	<p>October 7 Turkey Sausage French Toast Breakfast Potatoes Fruit Milk Veggie Sausage Lunch Alt: Turkey & Cheese Sandwich</p>	<p>October 8 Pizza Bagel WG Bagel w/ Marinara Sauce & Mozzarella Cheese Carrot Sticks Ranch Dressing Fruit Milk Lunch Alt: Chicken Fingers</p>
<p>October 11 2 Hot Dogs WG Hot Dog Bun Ketchup Tator Tots Fruit Milk Lunch Alt: Turkey & Cheese Sandwich</p>	<p>October 12 Scrambled Eggs w/ Cheese WG English Muffin Breakfast Potatoes Fruit Milk Lunch Alt: Chicken Fingers</p>	<p>October 13 Turkey and American on WG Bun Mayo Side Garden Salad w/ Italian Dressing (<i>Diced and Peeled Cucumber</i>) Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread Lunch Alt: Chicken Fingers</p>	<p>October 14 Beef and Cheese Taco WG Flour Tortilla Corn & Black Bean Salad Fruit Milk Bean Taco Lunch Alt: Turkey & Cheese Sandwich</p>	<p>October 15 Pizza Bagel WG Bagel w/ Marinara Sauce & Mozzarella Cheese Celery Sticks Ranch Dressing Fruit Milk Lunch Alt: Chicken Fingers</p>
<p>October 18 Meatball Parm WG Garlic Toast Mixed Veg Fruit Milk Veggie Meatball Parm Lunch Alt: Turkey & Cheese Sandwich</p>	<p>October 19 Greek Chicken and Feta WG Pita Bread Tzatziki Sauce Cucumbers Fruit Milk Edamame Lunch Alt: Chicken Fingers</p>	<p>October 20 Roast Beef and American Cheese WG Sandwich Roll Fresh Broccoli w/ Ranch Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread Lunch Alt: Chicken Fingers</p>	<p>October 21 WG Chicken Patty Sandwich American Cheese Coleslaw WG Sandwich Roll Ketchup Fruit Milk Veggie Burger Lunch Alt: Turkey & Cheese Sandwich</p>	<p>October 22 Pizza Bagel WG Bagel w/ Marinara Sauce & Mozzarella Cheese Carrot Sticks Ranch Dressing Fruit Milk Lunch Alt: Chicken Fingers</p>
<p>October 25 Swedish Meatballs WG Buttered Noodles Corn Fruit Milk Veggie Meatballs Lunch Alt: Chicken Fingers</p>	<p>October 26 Grilled BBQ Chicken WG Dinner Roll Green Beans Fruit Milk Tofu Lunch Alt: Turkey & Cheese Sandwich</p>	<p>October 27 Turkey Ham & Cheese Sandwich Whole Grain Sandwich Roll Tomato/Cucumber Salad Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread Lunch Alt: Chicken Fingers</p>	<p>October 28 Chicken Nuggets Potato Wedges Ketchup Fruit Cocktail Milk Veggie Patty on Wheat Bread Lunch Alt: Turkey & Cheese Sandwich</p>	<p>October 29 Pizza Bagel WG Bagel w/ Marinara Sauce & Mozzarella Cheese Carrot Sticks Ranch Dressing Fruit Milk Lunch Alt: Chicken Fingers</p>
<p>November 1 Hamburger w/ American Cheese WG Sandwich Roll Tator Tots Fruit Milk Veggie Burger Lunch Alt: Chicken Fingers</p>	<p>November 2 Mac and Cheese w/ WG Pasta Cooked Broccoli Fruit Milk Lunch Alt: Turkey & Cheese Sandwich</p>	<p>November 3 Turkey Ham & Cheese Sandwich WG Sandwich Roll Tomato/Cucumber Salad Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread Lunch Alt: Chicken Fingers</p>	<p>November 4 Beef BBQ WG Sandwich Roll Corn & Black Bean Salad Fruit Milk Veggie Patty on Wheat Bread Lunch Alt: Turkey & Cheese Sandwich</p>	<p>November 5 Pizza Bagel WG Bagel w/ Marinara Sauce & Mozzarella Cheese Carrot Sticks Ranch Dressing Fruit Milk Lunch Alt: Chicken Fingers</p>

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