

October

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
No School	<ul style="list-style-type: none"> • bfast for lunch: pancakes & omelet (v) • meatless "sausage" calzoni ◦ blanched broccoli (chilled) & pinto beans (chilled) 	<ul style="list-style-type: none"> • beef cheeseburger • chicken salad sandwich (df) ◦ lettuce & tomatoes 	<ul style="list-style-type: none"> • chicken potstickers (df) • chorizo & cheese eggwich (egg sandwich) • sunny sandwich kit (sunbutter & jelly) (v) ◦ steamed corn 	<ul style="list-style-type: none"> • green chile & cheese tamale (v) • mighty meaty deli combo sandwich • mighty meaty deli combo sandwich ◦ glazed carrots
<ul style="list-style-type: none"> • cheese enchilada plate (v) • chicken bites (df) ◦ steamed corn 	<ul style="list-style-type: none"> • mac & cheese and chicken sausages • pepperjack cheeseburger ◦ baby carrots & seasoned black beans (chilled) 	<ul style="list-style-type: none"> • red chile chicken tamale • creamy tomato curry with grilled chicken ◦ blanched broccoli with ranch (chilled) 	<ul style="list-style-type: none"> • the revolution dog (df) • cheese pizza (v) ◦ coleslaw 	<ul style="list-style-type: none"> • chili citrus drumstick and rice (df) • cheesy ravioli (v) ◦ steamed carrots
Milk	Milk	Milk	Milk	Milk
9	10	11	12	13
<ul style="list-style-type: none"> • beef cheeseburger • mighty meaty deli combo sandwich ◦ steamed corn 	<ul style="list-style-type: none"> • mac & cheese and chicken bites • turkey cheddar flatbread melt ◦ sliced cucumber with ranch 	<ul style="list-style-type: none"> • bfast for lunch: pancakes & chicken sausage ◦ lettuce & tomatoes 	<ul style="list-style-type: none"> • chicken teriyaki (df) • jerk dumstick & pineapple carrot rice • turkey & cheddar sandwich ◦ baby carrots & edamame beans (chilled) 	<ul style="list-style-type: none"> • kickin' chicken melt • bean & cheese quesadilla (v) • ham & cheese sandwich ◦ glazed carrots
Milk	Milk	Milk	Milk	Milk
16	17	18	19	20
<ul style="list-style-type: none"> • chicken bites (df) • creamy pasta alfredo (v) ◦ celery sticks with ranch 	<ul style="list-style-type: none"> • mac & cheese and chicken sausages ◦ baby carrots & warm pinto beans 	<ul style="list-style-type: none"> • green chile & cheese tamale (v) • bbq chicken drumstick ◦ steamed corn 	<ul style="list-style-type: none"> • the revolution dog (df) • ham & cheese sandwich ◦ blanched broccoli (chilled) 	<ul style="list-style-type: none"> • jumbo caribbean meatball & rice (df) • chicken salad sandwich (df) ◦ glazed carrots
Milk	Milk	Milk	Milk	Milk
23	24	25	26	27
<ul style="list-style-type: none"> • crispy chicken sandwich (df) • spaghetti marinara (v) ◦ celery sticks with ranch 	<ul style="list-style-type: none"> • bfast for lunch: pancakes & omelet (v) • turkey & cheddar sandwich ◦ blanched broccoli (chilled) & warm pinto beans 			
Milk	Milk			
30	31			

Subject to be changed

celebrate
national
school
lunch
week!

October 9-13 is National School Lunch Week, and we're celebrating with an all-star menu of all your favorite meals!

*Stop by the
lunchroom and try
something new*

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (VG) options available daily – if not listed on the menu, available upon request.

◦ Vegetable of the day

This institution is an equal opportunity provider