

Menu items are subject to change without notice  
This institution is an equal opportunity provider and employer.



Lunch offerings include an entrée, whole grain items, fresh and cooked veggies, fresh and canned fruit, low fat white or non-fat chocolate milk at every meal. Students may take three, four or five of these items, but they must choose at least ½ cup of fruits or veggies and 2 full servings of the other food components. Fresh baby carrots and hummus are available every day as a vegetable choice. Ketchup and mustard are available when applicable. \*New item this year – The waffle served for Breakfast for Lunch are now MINI!! \*\*4 mini waffles per package\*\*

## Monday

This Chicken is Popping!  
Breaded Popcorn Chicken  
Mashed Potatoes, Gravy  
Whole Wheat Dinner Roll  
Sweet Peas  
Choice of Fruit

2

## Tuesday

Ballpark Frank!  
Hotdog (Turkey) in a Bun  
Honey Baked Beans  
Oven Baked French Fries  
Choice of Fruit

3

## Wednesday

NO SCHOOL

4

## Thursday

Meatball Sub Day!  
Meatballs and Sauce  
Grinder Roll, Grated Mozzarella Cheese  
Oven Baked French Fries  
Mixed Vegetables  
Choice of Fruit

5

## Friday

The "MAX" Pizza  
Cheesy Pizza Square  
Oven Baked Potato Puffs  
Steamy Broccoli Spears  
Choice of Fruit

6



Columbus Day

NO SCHOOL

9

NO HOT LUNCH



Responsible - responsible

10

Pasta Day Your Way!

Pasta Meat Sauce  
Tossed Salad with Italian Dressing  
Grated Cheese Green Beans  
Whole Wheat Dinner Roll  
Choice of Fruit

11

It's a Wrap-Mexican Style

Seasoned Chicken Fajita Strips  
Shredded Cheddar Cheese, Lettuce Cup  
Spicy Salsa Spanish Brown Rice  
Refried Beans  
100% Juice Sherbet or Fruit Cup

12

My Fav- Mac and Cheese

Macaroni and Cheese  
Sweet Potato Fries  
Steamy Broccoli Spears  
Whole Wheat Dinner Roll  
Choice of Fruit

13

Oven Crispy Nuggets!  
Breaded Chicken Nuggets  
Oven Baked French Fries  
Whole Wheat Dinner Roll  
Corn off the Cob  
Choice of Fruit

16

Where's the Beef?

Whole Wheat Bun  
Hamburger, American Cheese  
Oven Baked French Fries  
Cooked Carrots  
Choice of Fruit

17

Pasta Day Your Way!

Pasta Meat Sauce  
Tossed Salad with Italian Dressing  
Grated Cheese Green Beans  
Whole Wheat Dinner Roll  
Choice of Fruit

18

Mexican Taco Salad!

Taco Chips & Taco Meat  
Cheddar Cheese Lettuce Cup  
Spicy Salsa Spanish Brown Rice  
Refried Beans  
100% Juice Sherbet or Fruit Cup

19

Grilled to Perfection

Grilled Cheese Sandwich  
Hot Tomato Soup, Crackers  
Steamy Broccoli Spears  
Crisp Cucumber Slices  
Choice of Fruit

20

This Lunch is Twisted!  
***It's back due to student request!***

Big Soft Twisted Pretzel  
Stringy Mozzarella Sticks  
Oven Baked Potato Puffs  
Crunchy Carrots/Hummus  
Choice of Fruit

23

These Dogs are Corny!

Corn Dog (Turkey) Nuggets  
Oven Baked French Fries  
Corn off the Cob  
Whole Wheat Roll  
Choice of Fruit

24

Pasta Day Your Way!

Pasta Meat Sauce  
Tossed Salad with Italian Dressing  
Grated Cheese Green Beans  
Whole Wheat Dinner Roll  
Choice of Fruit

25

Thanksgiving in October!!

Turkey and Gravy  
Mashed Potatoes  
Sweet Peas  
Whole Wheat Dinner Roll  
Choice of Fruit

26

Crisp from the Oven!

Breaded Mozzarella Sticks  
Marinara Sauce  
Oven Baked French Fries  
Steamy Broccoli Spears  
Whole Wheat Dinner Roll  
Choice of Fruit

27

Chicken Teriyaki Nuggets  
Oriental Rice  
Sweet Peas  
Whole Wheat Dinner Roll  
Crunchy Carrots/Hummus  
Fortune Cookie  
Choice of Fruit

30

It's BOOfast for Lunch!

Scary MINI Maple Waffles  
Mummy Breakfast Sausage Link  
Oven Spooked Potato Puffs  
Carved Up Orange Carrots  
Frightful Fruit

31

