

October Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

1

Cowboy burger
Potato wedge
Orange glazed carrots

2

Yom Kippur

3

Pizza crunchers
Marinara sauce
Salad with dressing
Baked beans

6

French toast sticks WG
Turkey sausage links
Dragon punch
veggie juice
Sliced peppers w/ ranch
Grape tomatoes

7

Chicken nachos
Baby carrots, ranch dip
Corn & black bean salsa

8

General Tso's chicken
Brown rice
Steamed broccoli
Baby carrots

9

Pizza bites
Corn
Salad with dressing

10

1/2 Day (pre-K-12)
Breakfast Available

13

Columbus Day/
Indigeno us Peoples
Day

14

Buffalo chicken tender
sub
Tater tots
Baked beans
Baby carrots

15

Deluxe cheeseburger
Potato wedge
Corn
Baby carrots

16

Ground beef stroganoff
Garlic breadstick (WG)
Salad with dressing
Green beans

17

Cheese pizza
Salad with dressing
Steamed broccoli

20

Sloppy Joe
French fries
Green beans, roasted
parmesan

21

Chicken patty w/
cheese, bacon
Tater tots
Steamed carrots

22

Grilled cheese
Tomato soup
Saltine crackers
Roasted chickpeas
Celery sticks

23

Walking taco
Brown rice
Corn

24

Stuffed crust pizza
Salad with dressing
Steamed broccoli

27

Chicken fajitas
Nacho chips w/salsa
Baked beans
Baby carrots

28

Nacho tacos
Brown rice
Corn & black bean salsa
Baby carrots, ranch dip

29

Philly cheese steak sub
Potato wedge
Corn

30

Cheeseburger (WG bun)
Sweet potato fries
Baked beans

31

Cheese pizza
Salad with dressing
Steamed broccoli