

October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 General Tso's Chicken Vegetable Egg Roll Brown Rice Stir Fry Veggies	2 Homemade Garlic Pizza Spinach Side Salad Chickpea Salad
5 Popcorn Chicken Potato Wedges Baby Carrots w/Ranch Croissant	6 Soft Shell Taco W/Lettuce, Cheese Refried Beans Fiesta Corn	7 Cheeseburger on a Bun Lettuce, Tomato, Pickle Macaroni Salad	8 Grilled Cheese Tomato Soup Caesar Salad	9 1/2 Day Breakfast Only
12 Columbus Day Indigenous Peoples Day	13 Chicken Tenders Sweet Potato Fries Baked Beans Celery Sticks W/Ranch Dinner Roll	14 Hotdog on a Bun Chili Sauce W/Meat 1/2 Baked Potato Sour Cream Cheddar Cheese	15 French Toast Sticks Hashbrown Turkey Sausage Links Dragon Punch Juice Baby Carrots w/Ranch	16 Stuffed Crusted Pizza Salad W/Italian Dressing Roasted Broccoli
19 Spicy Chicken Patty on a Bun Dill Pickles Tater Tots Parmesan Green Beans	20 Walking Doritos Taco Lettuce, Cheese, Salsa Lime Cilantro Rice Refried Beans Mexicali Corn	21 Hot Turkey & Cheese on a Pretzel Bun Cucumber Tomato Cauliflower Florets Ranch Dressing Grape Cluster	22 Mini Maple Pancakes Turkey Sausage Links Yogurt Red Peppers Dragon Punch Juice	23 Homemade Cheese Pizza Steamed Broccoli Caesar Salad
26 Chicken Quesadilla Salsa Refried Beans	27 Ziti W/Meat Sauce Dinner Roll Cucumbers Salad W/Italian	28 BBQ Cowboy Burger W/Cheddar & Onion Potato Wedges Steamed Carrots	29 Cheesy Breadsticks Marinara Sauce Spinach Side Salad Steamed Broccoli	30 Chicken Nuggets Tater Tots Green Beans Cinnamon Roll

Menu subject to change. See Food Services webpage for daily sandwich and salad specials (options differ between building grade-levels).

Offered Daily:

- Variety of milk options
- Fresh fruit
- Canned fruit
- Condiments

Lunch consists of 5 components. Students must have 3 or more, one must be a fruit or veggie to count as a meal.