



October Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

1

Orange Chicken
Brown Rice
Steamed Broccoli
Baby Carrots
Fresh Mandarin Orange

2

Homemade Garlic Pizza
Salad W/Italian Dressing
Parmesan Green Beans

5

Popcorn Chicken
Tater Tots
Baked Beans
Cucumbers

6

Soft Shell Taco
W/Lettuce, Cheese
Corn

7

French Toast Mini
Yogurt
Dragon Punch Juice
Grape Tomatoes

8

Grilled Cheese
Tomato Soup
Caesar Salad
Roasted Chickpea

9

1/2 Day Breakfast Only

12

Columbus Day
Indigenous Peoples Day

13

Chicken Tenders
Sweet Potato Fries
Cauliflower Florets
Ranch Dressing

14

Hotdog on a Bun
Baked Beans
Red Peppers
Watermelon

15

Hamburger on a Bun
Dill Pickles
Corn on the Cobb
Baked Chips

16

Individual Cheese Pizza
Steamed Broccoli
Salad W/Italian Dressing

19

Chicken Patty on a Bun
French Fries
Hummus
Carrot Sticks

20

Walking Doritos Taco
Lettuce, Cheese, Salsa
Corn

21

Mozzarella Sticks
Marinara Sauce
Spinach Side Salad
Graham Crackers

22

Mini Maple Waffle
Turkey Sausage Links
Dragon Punch Juice
Red Peppers

23

Stuffed Crusted Pizza
Salad W/Italian Dressing
Fresh Broccoli Florets
Ranch Dressing

26

Cheesy Breadsticks
Marinara Sauce
Green Beans

27

Pancake on a Stick
Yogurt
Dragon Punch Juice
Cucumbers

28

Pasta W/Meatballs
Steamed Broccoli
Dinner Roll

29

Soft Pretzel
String Cheese
Carrot & Celery Sticks
W/Ranch
Apple Crisps

30

Chicken Nuggets
Smiley Fries
Baked Beans
Rice Krispies Treat

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.