




Elementary & Middle School October 2022 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Breaded Chicken Drumstick Corn Bread Loaf Pinto Beans Blushing Pears Choice of Milk	4 Chicken Alfredo Bread Stick Steamed Broccoli Diced Peaches Choice of Milk	5 Salisbury Steak with Gravy Mashed Potatoes Green Beans Strawberry Applesauce WG Dinner Roll Choice of Milk	6 Nachos w/Three-Bean Chili Served with Shredded Cheddar Cheese Mixed Vegetables Apple Juice Choice of Milk	7 Managers Choice or Grilled Cheese Sandwich Crinkle Cut Sweet Potato Fries Tomato Soup Fresh Apple Choice of Milk
10 Popcorn Chicken Mashed Potato with gravy WG Dinner Roll Chilled Peaches Choice of Milk	11 Pasta with Meat Sauce Breadstick Green Beans Blushing Pears Choice of Milk	12 Brunch for Lunch - Chicken Tenders & Waffles with Syrup Sweet Potato Tater Tots Cinnamon Applesauce Choice of Milk Ketchup	13 Chicken Nuggets Homemade Baked Beans Steamed Broccoli Fresh Apple Wedges Choice of Milk	14 Managers Choice or Two Cheese and Pepperoni Pizza* Romaine Salad with Light Dressing Chilled Pineapple & Mandarin Oranges Choice of Milk
17 Hamburger on a Whole Grain Bun California Blend Orange Smiles Choice of Milk Ketchup	18 Tachos - Turkey Taco Meat Potato Wedges Cheese Cilantro Lime Rice Applesauce Choice of Milk Sour Cream	19 Breaded Chicken Drumstick Mixed Greens Corn Loaf Chilled Peaches Choice of Milk	20 Pull Apart Cheesy Bread Marinara Sauce Steamed Broccoli Fresh Apple Wedges Choice of Milk	21 Conference Day No Students
24 Tangerine Chicken Brown Rice Steamed Broccoli Chilled Pineapple Choice of Milk	25 Walking Tacos with Spicy Turkey Shredded Cheese Mixed Vegetables Cinnamon Applesauce Choice of Milk Sour Cream	26 Salisbury Steak with Gravy Mashed Potatoes Green Beans Chilled Pears Choice of Milk WG Dinner Roll	27 Hot Dog on Whole Grain Bun Homemade Baked Beans Chilled Peaches Choice of Milk	28 Managers Choice or Chicken Nuggets WG Biscuit Sweet Potato Fries Mixed Fruit Choice of Milk Barbeque Sauce
31 Hamburger on WG Bun Sliced Carrots Blushing Pears Choice of Milk Ketchup and Mustard				

* This item may contain pork.

ALL MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE
This institution is an equal opportunity provider.