

October

LUNCH K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> hot turkey & cheddar flatbread melt chicken pasta alfredo honey mustard chicken wrap egg salad sandwich (vg) chilled green beans <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> bbq chicken with cheesy rice "pepperoni" calzoni pizza (vg) sesame chicken wrap (df) hummus and whole grain flatbread (vg) baby carrots and pinto beans <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> breakfast for lunch: pancakes w/ sausage hot meatball sub turkey and cheese sandwich southwest veggie wrap (vg) sweet potatoes <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> buffalo chicken sandwich all natural cheeseburger chicken salad sandwich veggie taco salad chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> baked mac & cheese and bbq chicken lunch combo cheese ravioli with marinara sauce (vg) ham and cheese sandwich chillin' chinese chicken noodles seasoned corn <p style="text-align: right;">7</p>
NATIONAL SCHOOL LUNCH WEEK				
<ul style="list-style-type: none"> kickin chicken melt sandwich cheesy chicken quesadilla bbq chicken wrap cheese sandwich (vg) seasoned corn <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> cheese pizza panada pie (vg) chicken bites (df) chicken salad sandwich chicken caesar wrap broccoli florets and three bean salad <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> spaghetti and meatballs (df) baked mac & cheese with chicken sausage combo ham and cheese sandwich sunbutter and jelly sandwich chilled green beans <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> all natural hot dog (df) *NEW* oven roasted chicken sandwich (df) sesame chicken salad southwest veggie wrap broccoli florets w/ ranch <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> firecracker chicken chicken taco trio garden ranch salad with chicken breast hummus and whole grain flatbread sweet potatoes <p style="text-align: right;">14</p>
<ul style="list-style-type: none"> cheese ravioli with marinara sauce (vg) chicken fajita burrito chillin' chinese chicken noodles chicken salad sandwich (df) chilled green beans <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> chicken enchiladas chicken potstickers (df) southwest veggie wrap (vg) ham and cheese sandwich baby carrots and edamame <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> lone star grilled chicken breast sandwich sweet garlic noodles with chicken thigh egg salad sandwich (vg) (df) sesame chicken wrap sweet potatoes <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> all natural cheeseburger bbq chicken sandwich chicken caesar salad sunbutter and jelly (vg) chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> "pepperoni" calzoni pizza (meatless) (vg) chicken teriyaki (df) honey mustard chicken wrap turkey and cheese sandwich seasoned corn <p style="text-align: right;">21</p>
<ul style="list-style-type: none"> crispy chicken sandwich (df) cheese lasagna with whole grain pasta (vg) bbq chicken wrap sesame chicken salad chilled green beans <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> bbq meatballs with cheesy rice hot turkey & cheddar flatbread turkey and cheese sandwich cheese sandwich (vg) baby carrots and pinto beans <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> chicken taco trio pancakes w/ omelet (vg) chicken caesar wrap garden ranch salad with chicken breast sweet potatoes <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> all natural hot dog (df) sloppy joe (df) sunbutter and jelly (vg) chicken pizza party salad broccoli florets w/ ranch <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> kickin chicken parm pasta veggie chili (vg) honey mustard chicken wrap chicken salad sandwich (df) seasoned corn <p style="text-align: right;">28</p>
<ul style="list-style-type: none"> breakfast for lunch: pancakes w/ sausage hot meatball sub turkey and cheese sandwich egg salad sandwich (vg) (df) <p style="text-align: right;">31</p>				

celebrate national school lunch week!

October 10-14 is National School Lunch Week, and we're celebrating with an all-star menu of all your favorite meals!

Stop by the lunchroom and try something new!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

Vegetable of the day

This institution is an equal opportunity provider.

