

# October

## LUNCH PK

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

