

# Lunch Menu



October 2021

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday | Sunday  |
|--|---|--|--|--|----------|---|
|  |   |  |  | 1<br>Chicken Enchiladas w/<br>Red Sauce<br>Mixed Green Salad w/<br>Ranch<br>Whole Fruit  | 2        | 3   |
| 4<br>Beef Chili Cheese Fries w/<br>Cinnamon Chips<br>Baby Carrots<br>Pear                | 5<br>Chicken Teriyaki w/<br>Yakisoba Noodles HS<br>Baby Carrots<br>100% Fruit Juice<br>Whole Fruit                                    | 6<br>Chicken Nuggets & Mash<br>w/ Cheez It Crackers<br>Pinto Bean Salad<br>Whole Fruit   | 7<br>Chicken Burrito Bowl w/<br>WG Cookie<br>Buffalo Chicken Salad w/<br>Wheat Crackers<br>Whole Fruit                       | 8<br>Beef, Bean & Cheese<br>Burrito<br>House Salad<br>Whole Fruit  | 9        | 10  |
| 11<br>Chicken Patty Burger w/<br>Oven Baked Fries<br>Baby Carrots<br>Pear<br>Whole Fruit | 12<br>Cheese Lasagna & Dinner<br>Roll<br>Baby Carrots<br>100% Fruit Juice   | 13<br>Build Your Own Turkey<br>Tacos w/ Refried Beans &<br>Tortillas<br>Jicama & Bean Salad w/<br>Tajin & Fruit  | 14<br>Baked Ziti w/ Meat Sauce<br>& Dinner Roll<br>Buffalo Chicken Salad w/<br>Wheat Crackers<br>Baby Carrots<br>Whole Fruit | 15<br>Mac & Cheese w/ Whole<br>Grain Cookie Kale &<br>Green Apple Salad<br>Whole Fruit   | 16       | 17  |
| 18<br>Cheeseburger w/ Oven<br>Baked Fries<br>Baby Carrots<br>Whole Fruit                 | 19<br><br>Pizza<br>Baby Carrots<br>100% Fruit Juice | 20<br>Chicken Nuggets w/<br>Mashed Potatoes &<br>Cheez Its Crackers HS<br>Mexican Chicken Salad<br>w/ Tortilla Chips<br>Sweet Edamame Salad<br>Whole Fruit | 21<br>Spaghetti & Meatballs HS<br>Baby Carrots<br>Whole Fruit  | 22<br>Hamburger w/ BBQ<br>Popped Chips<br>Lettuce, Tomato, Pickle<br>Whole Fruit   | 23       | 24  |
| 25<br>Cheeseburger w/ Oven<br>Baked Fries<br>Baby Carrots<br>Whole Fruit                 | 26<br>Chicken Tamale w/ Mixed<br>Vegetables<br>Beef Nachos w/ Tortilla<br>Chips<br>Baby Carrots<br>Whole Fruit                        | 27<br>Chicken Alfredo Pasta w/<br>Steamed Broccoli &<br>Holiday Cookie<br>Tuscan White Bean Salad<br>Whole Fruit   | 28<br>Baked Ziti w/ Meat Sauce<br>& Dinner Roll<br>Buffalo Chicken Salad w/<br>Wheat Crackers<br>Baby Carrots<br>Whole Fruit | 29<br>Chicken Enchiladas w/<br>Red Sauce<br>Chicken Taco Salad w/<br>Nacho Chips<br>Mixed Green Salad w/<br>Ranch<br>Whole Fruit | 30       | 31<br> |

Breakfast includes one entrée, fruit, and fat free white milk, 1% white milk or Chocolate Milk.  
This institution is an equal opportunity provider.

