

Lunch Menu
October 2021



Monday	Tuesday	Wednesday	Thursday	Friday
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1
Chicken Enchiladas w/ Red Sauce
Mixed Green Salad w/ Ranch
Fruit -Apple
1% White Milk
Fat Free White Milk

4
Beef Chili Cheese Fries w/ Cinnamon Chips
Fruit - Pear
1% White Milk
Fat Free White Milk

5
Chicken Teriyaki w/ Yakisoba Noodles
Baby Carrots
100% Fruit Juice
1% White Milk
Fat Free White Milk

6
Plant- Based Chicken Tenders w/ Mash & Gravy & Dinner Roll
Pinto Bean Salad
Fruit -Banana
1% White Milk
Fat Free White Milk

7
Chicken Burrito Bowl w/ WG Cookie
Baby Carrots
Fruit -Orange
1% White Milk
Fat Free White Milk



11
Chicken Patty Burger w/ Oven Baked Fries
Fruit -Pear
1% White Milk
Fat Free White Milk

12
Beef Nachos w/ Tortilla Chips
Baby Carrots
100% Fruit Juice
1% White Milk
Fat Free White Milk

13
Chicken Nuggets & Mash
Jicama & Bean Salad w/ Tajin Dressing
Fruit-Banana
1% White Milk
Fat Free White Milk

14
Breakfast for Lunch: Pancakes, Chicken Sausage & Seasoned Wedges
Baby Carrots
Fruit -Orange
1% White Milk
Fat Free White Milk

15
Mac & Cheese w/ Whole Grain Cookie
Kale & Green Apple Salad w/ Ranch
Fruit -Apple
1% White Milk
Fat Free White Milk

18
Honey-Mustard Grilled Chicken Sandwich w/ Oven Baked Fries
Fruit- Pear
1% White Milk
Fat Free White Milk

19
Bean & Cheese Nachos w/ Original Popped Chips
Baby Carrots
100% Fruit Juice
1% White Milk
Fat Free White Milk

20
Chicken Nuggets & Mash
Sweet Edamame Salad
Fruit -Banana
1% White Milk
Fat Free White Milk

21
Cheesy Spaghetti HS
Baby Carrots
Fruit -Orange
1% White Milk
Fat Free White Milk

22
Hamburger w/ BBQ Popped Chips
Lettuce, Tomato, Pickle Kit
Fruit -Apple
1% White Milk
Fat Free White Milk

25
Beef Hot Dog on WG Bun w/ Oven Baked Fries
Fruit - Pear
1% White Milk
Fat Free White Milk

26
Chicken Tamale w/ Mixed Vegetables
Baby Carrots
100% Fruit Juice
1% White Milk
Fat Free White Milk

27
Chicken Nuggets & Mash
Tuscan White Bean Salad
Fruit -Banana
1% White Milk
Fat Free White Milk

28
BBQ Plant-Based Chicken Tenders w/ Potato Wedges & Dinner Roll
Baby Carrots
Fruit -Orange
1% White Milk
Fat Free White Milk

29
Chicken Enchiladas w/ Red Sauce
Mixed Green Salad w/ Ranch
Fruit -Apple
1% White Milk
Fat Free White Milk

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.

