

Lunch Menu

october 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Chicken Enchiladas w/ Red Sauce (244) Mixed Green Salad w/ Ranch(98) Apple(195) 1% White Milk(73) Fat Free Chocolate Milk(146)</p>
<p>4</p> <p>Beef Chili Cheese Fries w/ Cinnamon Chips(250) Pear(200) 1% White Milk(75) Fat Free Chocolate Milk(150)</p>	<p>5</p> <p>Chicken Teriyaki w/ Yakisoba Noodles(250) Baby Carrots(50) 100% Fruit Juice (200) 1% White Milk(75) Fat Free Chocolate Milk(150)</p>	<p>6</p> <p>Meatloaf Mash & Gravy & Dinner Roll(250) Pinto Bean Salad(50) Banana(200) 1% White Milk(75) Fat Free Chocolate Milk(150)</p>	<p>7</p> <p>Baked Ziti w/ Meat Sauce(250) Baby Carrots 2(50) Orange(200) 1% White Milk(75) Fat Free Chocolate Milk(150)</p>	<p>8</p>
11	12	13	14	15

Cheddar Cheeseburger w/
Oven Baked Fries(250)
Pear(200)
1% White Milk(75)
Fat Free Chocolate
Milk(150)

Beef Nachos w/ Tortilla
Chips(250)
Baby Carrots(50)
100% Fruit Juice (200)
1% White Milk(75)
Fat Free Chocolate
Milk(150)

Build Your Own Turkey
Tacos w/ Refried Beans &
Tortillas(250)
Jicama & Bean Salad w/
Tajin Dressing(50)
Banana(200)
1% White Milk(75)
Fat Free Chocolate
Milk(150)

Breakfast for Lunch:
Pancakes, Chicken
Sausage & Seasoned
Wedges(250)
Baby Carrots 2(50)
Orange(200)
1% White Milk(75)
Fat Free Chocolate
Milk(150)

18

Italian Combo Sandwich
w/ Side of Baked
Fries(250)
Pear(200)
1% White Milk(75)
Fat Free Chocolate
Milk(150)

19

Turkey Chili w/ Original
Popped Chips(250)
Baby Carrots(50)
100% Fruit Juice (200)
1% White Milk(75)
Fat Free Chocolate
Milk(150)

20

Chicken Nuggets &
Mash(250)
Sweet Edamame
Salad(100)
Banana(200)
1% White Milk(75)
Fat Free Chocolate
Milk(150)

21

Spaghetti &
Meatballs(250)
Baby Carrots 2(50)
Orange(200)
1% White Milk(75)
Fat Free Chocolate
Milk(150)

22

25

Beef Hot Dog on WG Bun
w/ Oven Baked Fries(250)
Pear(200)
1% White Milk(75)
Fat Free Chocolate
Milk(150)

26

Chicken Tamale w/ Mixed
Vegetables (250)
Baby Carrots(50)
100% Fruit Juice (200)
1% White Milk(75)
Fat Free Chocolate
Milk(150)

27

Chicken Alfredo Pasta w/
Steamed Broccoli &
Holiday Cookie(250)
Tuscan White Bean
Salad(50)
Banana(200)
1% White Milk(75)
Fat Free Chocolate
Milk(150)

28

Baked Ziti w/ Meat
Sauce(250)
Baby Carrots 2(50)
Orange(200)
1% White Milk(75)
Fat Free Chocolate
Milk(150)

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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.



Saturday

Sunday

2

3

9

10

16

17



