

# Lunch Menu K-8



**October 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sandwich of the Day</b>				
Club Sandwich *Contains Pork* Baby Carrots	Wowbutter Sandwich Fruitable Juice	Turkey & Cheese Sandwich Cucumber Slices	Deli Chicken & Cheese Sandwich Jicama Sticks	Tuna Sandwich Celery Sticks
<b>Entrée of the Day</b>				
28 Breaded Chicken Patty Burger Oven Baked Fries Ketchup	29 Beef Nachos Tortilla Chips	30 Teriyaki Chicken Brown Rice & Broccoli	1 Chicken Tamale Peas & Carrots	2 Baked Ziti w/ Meat Sauce
5 Chicken Enchiladas w/ Green Salsa	6 French Bread Pepperoni Pizza Baby Carrots	7 Cheeseburger Oven Baked Fries Ketchup	8 Chicken Alfredo w/ Broccoli	9 Chicken Burrito Bowl w/ Brown Rice, Beans & Corn
12 Cheese Pizza Sliders Celery Sticks (1/2 c)	13 Grilled Chicken Sandwich Oven Baked Fries Thousand Island Dressing	14 Turkey Chili Popped Corn Chips	15 Mac & Cheese Baby Carrots	16 Sweet & Sour Chicken Brown Rice & Broccoli
19 Hamburger Lettuce, Tomatoes, Pickles Ketchup	20 Bean & Cheese Pupusa Edamame Beans	21 <i>Breakfast 4 Lunch</i> French Toast Sticks, Chicken Sausage & Potato Wedges Syrup	22 Chicken Burrito Salsa Cup	23 Chicken Nuggets Oven Baked Fries Ketchup
26 Breaded Chicken Patty Burger Oven Baked Fries Ketchup	27 Beef Nachos Tortilla Chips	28 Baked Ziti w/ Meat Sauce	29 Chicken Tamale Peas & Carrots	30 Grilled Cheese Sandwich Fresh Broccoli

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

This institution is an equal opportunity provider.

**All entrées served with whole fruit, fruit cup or 100% fruit juice and offered with choice of 1% milk or fat free milk.**

# Vegetarian Lunch Menu K-8



**October 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sandwich of the Day</b>				
Double Cheese Sandwich <i>Baby Carrots</i>	Wowbutter Sandwich <i>Fruitable Juice</i>	Double Cheese Sandwich <i>Cucumber Slices</i>	Double Cheese Sandwich <i>Jicama Sticks</i>	Double Cheese Sandwich <i>Celery Sticks</i>
<b>Entrée of the Day</b>				
28 Vegetarian Burger Oven Baked Fries Ketchup	29 Cheese Nachos Popped Corn Chips	30 Plant-based Teriyaki "Chicken" Brown Rice & Broccoli	1 Cheese Tamale Peas & Carrots	2 Cheesy Baked Ziti w/ Marinara Sauce
5 Cheese Enchiladas w/ Green Salsa	6 Cheese Pizza Sliders Baby Carrots	7 Vegetarian Cheese Burger Oven Baked Fries <i>Ketchup</i>	8 Plant-based "Chicken" Alfredo w/ Broccoli	9 Vegetarian Burrito Bowl w/ Brown Rice, Beans & Corn
12 Cheese Pizza Sliders Celery Sticks	13 Vegetarian Burger Oven Baked Fries <i>Thousand Island Dressing</i>	14 Bean & Cheese Chili Popped Corn Chips	15 Mac & Cheese Baby Carrots	16 Sweet & Sour Plant-Based "Chicken" Tenders Brown Rice & Broccoli
19 Vegetarian Burger Lettuce, Tomatoes, Pickles <i>Ketchup</i>	20 Bean & Cheese Pupusa Edamame Beans	21 <i>Breakfast 4 Lunch</i> French Toast Sticks, Plant-based "Chicken" Tenders & Potato Wedges <i>Syrup</i>	22 Bean & Cheese Burrito Salsa Cup	23 Plant-based "Chicken" Tenders Oven Baked Fries
26 Vegetarian Burger Oven Baked Fries <i>Ketchup</i>	27 Cheese Nachos Tortilla Chips	28 Cheesy Baked Ziti w/ Marinara Sauce	29 Cheese Tamale Peas & Carrots	30 Grilled Cheese Sandwich Fresh Broccoli

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