October 2023

Vegetables

Vegetables

23/24 Semester Lunch

octobel Z	23/24 3	semester Lunch		
Monday	Tuesday	Wednesday	Thursday	Friday
Entree Crispy Chicken Sandwich Vegetables Vegetarian Beans Summer Vegetable Skillet Fruit Fresh Banana Milk Fat Free Chocolate Milk Nonfat Milk	3 Entree Cheeseburger Vegetables Sweet Potato Lattice Fries Lettuce and Tomato Fruit Cantaloupe Milk FF Chocolate Milk Nonfat Milk	4 Entree Chicken Nuggets Vegetables Mashed Potatoes Green Peas Fruit Fresh Pineapple Chunks Milk FF Chocolate Milk Nonfat Milk	5 Entree Cheese and Bean Burrito Vegetables Vegetarian Beans Roasted Fajita Vegetables Fruit Fresh Mango Milk FF Chocolate Milk Nonfat Milk	6 Entree Cheese Pizza Vegetables Side Salad Fruit Fresh Fruit Variety Bowl Milk FF Chocolate Milk Nonfat Milk
9 Entree BBQ Chicken Sandwich Vegetables Vegetarian Beans Green Pea Salad Fruit Fresh Banana Milk FF Chocolate Milk Nonfat Milk	10 Entree Chicken Nuggets Vegetables Green Peas Mashed Potatoes Fruit Fresh Orange Milk FF Chocolate Milk Nonfat Milk	11 Entree Mini Corndogs Vegetables Mashed Potatoes Cut Green Beans Fruit Frozen Peach Cup Milk FF Chocolate Milk Nonfat Milk	12 no school	13 fall break
16 Entree Chicken Fillet Sandwich Vegetables Vegetarian Beans Summer Vegetable Skillet Fruit Fresh Banana Milk FF Chocolate Milk Nonfat Milk	Trentree Bean & Cheese Burrito Vegetables Mexican Street Corn Fall Roasted Vegetables Fruit Cantaloupe Milk FF Chocolate Milk Nonfat Milk	Fish Sticks Vegetables Seasoned Oven Roasted Potatoes Steamed Peas and Carrots SC-Greenville Co. Fruit Honeydew Chunks Milk FF Chocolate Milk Nonfat Milk	Entree Hot Dog on WG Bun Vegetables Carrot Slices French Fries Fruit Fresh Pineapple Chunks Milk FF Chocolate Milk Nonfat Milk	20 Entree Cheese Pizza Vegetables Tossed Side Salad Fruit Fresh Fruit Variety Bowl Milk FF Chocolate Milk Nonfat Milk Misc. Ranch Dressing 1 oz.
23 Entree Cheeseburger	24 Entree Spaghetti Meat Sauce	25 Entree Oven Roasted Chicken	26 Entree Buffalo Chicken Sandwich	27 Entree Cheese Pizza

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Tater Tots Lettuce and Tomato Fruit Fresh Banana Milk FF Chocolate Milk Nonfat Milk	Oven Roasted Parmesan Broccoli Carrot Slices Fruit Fresh Mango Grains Garlic Texas Toast Milk FF Chocolate Milk	Black Bean & Corn Salsa Fruit Applesauce Grains Brown Rice Milk FF Chocolate Milk Nonfat Milk	Lettuce and Tomato Cut Green Beans Fruit Fresh Pear Slices Milk FF Chocolate Milk Nonfat Milk	Tossed Side Salad Fruit Fresh Fruit Variety Bowl Milk FF Chocolate Milk Nonfat Milk
30 CEntree	Nonfat Milk 31 Entree			
Crispy Chicken Sandwich Vegetables Vegetarian Beans Summer Vegetable Skillet Lettuce and Tomato Fruit Fresh Banana Milk Fat Free Chocolate Milk Nonfat Milk	Cheeseburger Vegetables French Fries Lettuce and Tomato Fruit Cantaloupe Milk FF Chocolate Milk Nonfat Milk			

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- 1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
- 2. fax: (833) 256-1665 or (202) 690-7442; or
- 3. email: Program.Intake@usda.gov