



School Lunch Menu

October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Tator Tot Grande (GF) Tortilla Chips Refried Beans Watermelon, Canned Peaches Fruit & Veggie Bar Milk	3 Chicken Fried Rice (GF) Broccoli Mandarin Oranges Pineapple Fruit & Veggie Bar Milk	4 Pizza Burger (GFw/NB) Homemade Bun Watermelon/Canned Pears Fruit & Veggie Bar Milk	5 Tuna & Noodles Green Beans Strawberries Fruit Cocktail Fruit & Veggie Bar Milk	6 No School	7
8	9 Pork Fajita Fritos Corn Apple, Canned Pears Fruit & Veggie Bar Milk	10 Cheesy Chicken & Rice Cauliflower Strawberries Applesauce Fruit & Veggie Bar Milk	11 Sloppy Joe (GFw/NB) Homemade Bun Sweet Potato Fries Cantaloupe, Pineapple Fruit & Veggie Bar Milk	12 Chicken Filet (GF) Dinner Roll Mashed Potatoes & Gravy Apple, Fruit Cocktail Fruit & Veggie Bar Milk	13 Vegetable Soup (GF) Cheesy Biscuit Cantaloupe, Canned Peaches Crackers Fruit & Veggie Bar Milk	14
15	16 No School	17 No School	18 Sweet & Sour Pork (GF) Noodles Mixed Veggies Grapes, Mandarin Oranges Fruit & Veggie Bar Milk	19 Chicken Quesadilla Tortilla Chips Refried Beans Kiwi, Strawberries Fruit & Veggie Bar Milk	20 Runza Green Beans Fruit Slush Cup Pineapple Fruit & Veggie Bar Milk	21
22	23 Macaroni & Cheese Peas & Carrots Orange Canned Pears Fruit & Veggie Bar Milk	24 Meatball Sub (GFw/NB) Homemade Bun Broccoli Bananas, Applesauce Fruit & Veggie Bar Milk	25 Pork Enchilada Gold Fish Crackers Corn Oranges, Fruit Cocktail Fruit & Veggie Bar Milk	26 Salisbury Steak (GF) Homemade Breadstick Mashed Potatoes & Gravy Blueberries, Canned Peaches Fruit & Veggie Bar Milk	27 Chicken Noodle Soup Crackers Peas Tropical Fruit, Mandarin Oranges Fruit & Veggie Bar Milk	28
29	30 Chicken Chop Suey (GF) Mixed Veggies Mixed Berries Canned Pears Fruit & Veggie Bar Milk	31 Walking Taco (GF) Refried Beans Juice Box Grapes Fruit & Veggie Bar Milk				

Daily Fruit & Vegetable Bar is available to students ordering the main dish or may be ordered alone & includes vegetables, fruit, & a grain. The following beverages are available everyday: Water, 1% White Milk, 1% Chocolate Milk, Fat Free Strawberry Milk

*Menu is subject to change at anytime

*Milk is available for students bringing cold lunch for \$0.40

(Students are encouraged to have money in their lunch account and not bring milk money to school daily.)

Fruit & Vegetable Bar will also include the following proteins:

Monday & Thursday—Yogurt, Tuesday & Friday—Cottage Cheese, Wednesday—Chef Salad Fixings (ham or turkey & shredded cheese).

GF - Gluten Free

GFw/NB - Gluten Free with no bread or bun

Student Lunch \$3.10

Reduced Price Lunch \$0.40

Extra Entrée (MS only) \$1.50

Adult Lunch \$4.60