

Artificial
Ingredients,
Additives,
Preservatives

High-Fructose
Corn Syrup

Fried Foods
Mystery Meats

ALWAYS fresh
NEVER frozen

4-Star School
Lunch Provider!



October K-8 Lunch Menu



Where **remarkable** happens every day

Lunch Menu

**Peanut Butter &
Jelly Sandwich
Or
Sunbutter & Jelly
Sandwich
Available Daily**

*All meals include:
Fresh Fruit & Fresh
Veggies*

**Menu may be subject
to change.**

**Milk Choices Served
Daily:**

1% White
or 1% Chocolate

**Assorted Fresh Fruit
Varieties Rotated
Daily**

**Need Carbs or Allergen
Information?
Scan Below**



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
National Apple Month 		1 OL Sausage Pizza Or Crispy Chicken Salad w/Dinner Roll Seasoned Sweet Corn Grape Tomatoes Craisins Ice Cold Milk Choice	2 Popcorn Chicken w/Cheeze-Its Or Turkey Ham & Cheese Sandwich Waffle Fries Homemade Coleslaw Fresh Grapes Ice Cold Milk Choice	3 Italian Meatball Sub Or Turkey Ham & Cheese Sandwich Roasted Broccoli Fresh Cauliflower Chilled Pears Ice Cold Milk Choice
6 Fall Break No School	7 Fall Break No School	8 Fall Break No School	9 Fall Break No School	10 Fall Break No School
13 Fall Break No School	14 Fall Break No School	15 Fall Break No School	16 Fall Break No School	17 Fall Break No School
20 Crispy/Spicy Chicken Sandwich Or Turkey & Cheese Sandwich BBQ Baked Beans Baby Carrots Mandarin Oranges Ice Cold Milk Choice	21 Chicken Fajita with Spanish Rice Or Turkey Ham & Cheese Sandwich Mexi-Cali Corn Grape Tomatoes Craisins Ice Cold Milk Choice	22 Grilled Cheese Sandwich Or Yogurt Fun Meal Creamy Tomato Soup Celery Sticks Fresh Grapes Ice Cold Milk Choice	23 Swedish Meatballs w/Dinner Roll Or Crispy Chicken Salad w/Dinner Roll Garlic Mashed Potatoes Sliced Cucumbers Just Picked Apple Ice Cold Milk Choice	24 OL Turkey Pepperoni Pizza Or Combo Deli Sub Sandwich Seasoned Green Beans Leafy Green Salad w/Ranch Strawberries Ice Cold Milk Choice
27 BBQ Pulled Pork Sandwich Or Buffalo Chicken Salad w/Dinner Roll Seasoned Sweet Corn Sliced Cucumbers Diced Cinnamon Pears Ice Cold Milk Choice	28 Taco Tuesday with Brown Rice Or Italian Sub Sandwich Southwest Black Beans Mexican Corn Salad Blueberries Ice Cold Milk Choice	29 WG Italian Breaded Mozz Sticks w/Marinara Or Crispy Chicken Wrap Roasted Broccoli Baby Carrots Chilled Mixed Fruit Mini WG Rice Krispie Treat Ice Cold Milk Choice	30 Breakfast for Lunch Scrambled Eggs, Turkey Sausage Link & Pancakes Or Turkey & Cheese Sandwich Tator Tots Celery Sticks Chilled Peaches Ice Cold Milk Choice	31 Happy Halloween Chicken Tenders w/Goldfish Or Chef Salad w/Dinner Roll Roasted O'Brien Potatoes Grape Tomatoes EEK! Sidekick Slushie Ice Cold Milk Choice

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