

October Lunch 2021

Sun	Mon	TueMa	Wed	Thu	Fri	Sat
	Notes: MILK CHOICE INCLUDES A CHOICE OF NON-FAT (FLAVORED OR UNFLAVORED) OR 1% (UNFLAVORED) MILK. REDUCED FAT DRESSING IS SERVED WITH SALADS AND FRESH VEGETABLES. ALL GRAIN ITEMS ARE WHOLE GRAIN RICH				1 No School	2
3	4 Chicken Patty on a Bun Dark Green Leaf Lettuce & Tomato Slice French Fries Applesauce Milk Choice	5 Beef & Bean Burrito Tortilla Chips (9-12) Tomato Salsa Romaine Lettuce Mandarin Oranges Corn Milk Choice	6 Mini Meatball Sub Ranch Potato Wedges Tossed Salad Peaches Milk Choice	7 Baked Ham Angel Biscuit & Jelly Mashed Potatoes Green Beans Fresh Grapes Honey Apple Crisp Milk Choice	8 Pizza Broccoli Florets Carrots Pineapple Milk Choice	9
10	11 No School	12 Taco Burger on a Bun Tortilla Chips (6-12) Tomato Salsa Lettuce Refried Beans Mandarin Oranges Cookie Milk Choice	13 Spaghetti w/ Meat Sauce Garlic Bread Garden Salad Green Beans Peaches Milk Choice	14 Chicken Drumstick Whole Wheat Roll & Jelly Tater tot Apricot Jello Milk Choice	15 Chicken & Noodles Whole Wheat Roll & Honey (6-12) Mashed Potatoes Pears Milk Choice	16
17	18 Country Style Beef Pattie Whole Wheat Roll & Jelly (6-12) Mashed Potatoes & Gravy Steamed Broccoli Pineapple Milk Choice	19 Sloppy Joes on a Bun Fries Corn Peaches Milk Choice	20 Taco Salad & Tortilla Chips Refried Beans Romaine Lettuce Cinnamon Puff (6-12) Pears Milk Choice	21 Tangerine Chicken Rice Egg roll Salad Applesauce Milk Choice	22 Chicken Nuggets French Fries Pears Milk Choice Cake	23
24	25 Hot Dog Green Beans Tater Tots Fruit Cocktail Rice Krispy Bar Milk Choice	26 Chicken Wrap Rice Romaine Lettuce Tomato Pears Oatmeal Cookie (9-12) Mandarin Oranges Milk Choice	27 Super Nachos Refried Beans Salad Peaches Milk Choice	28 Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Oven Fries Strawberries & Bananas Milk Choice	29 Macaroni & Cheese Meat Balls Whole Wheat Roll Carrots Pineapple Milk Choice	30
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