

October Elementary Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		PLEASE NOTE: The nationwide labor, driver and product shortages are having a significant impact on our school cafeterias. We may need to change our menus without notice to accommodate the shortages while still offering students a variety of healthy menu options. This menu may not reflect what is actually offered in your cafeteria if substitutes are necessary. We apologize for any inconvenience.		
4 CHOOSE ONE: Calzone Hamburger/cheese burger Fruit & Yogurt Plate Turkey Club Wrap CHOOSE: Mixed Vegetable Medley Fresh Veggie Dippers	5 CHOOSE ONE: Max Cheese Sticks Teriyaki Chicken Fried Rice Chicken Caesar Salad PB&J Kit CHOOSE: Green Beans * Marinara Sauce Cup * Romaine Side Salad *	6 CHOOSE ONE: Teriyaki Beef Dippers & Rice Cavatappi Pasta Alfredo Chef Salad Ham & Cheese Croissant CHOOSE: Broccoli Florets Sliced Cucumbers Side Salad	7 CHOOSE ONE: Hot Dog on a Bun Popcorn Chicken, Mashed Potatoes, Gravy & Roll Yogurt & Fruit Parfait Chicken Caesar Wrap CHOOSE: Corn Niblets Mixed Side Salad	1 CHOOSE ONE: Pizza Variety Boneless Dill Chicken Wings & Roll Variety Apple -A- Day Salad Deli Carver Combo Sub CHOOSE: Green Beans Fresh Veggie Dippers
NO SCHOOL FOR STUDENTS				
11 CHOOSE ONE: Breaded Chicken Sandwich Loaded Beef & Cheese Nachos Fruit & Yogurt Plate Turkey Club Wrap CHOOSE: Santé Fe Black Beans Fresh Veggie Dippers	12 CHOOSE ONE: Breakfast for Lunch Mozzarella Stuffed Garlic - Breadsticks Chicken Caesar Salad PB&J Kit CHOOSE: Deli Roaster Potato * Marinara Sauce Cup * Romaine Side Salad *	13 CHOOSE ONE: Chicken Nuggets Pasta w/ Meatballs Yogurt & Fruit Parfait Ham & Cheese Croissant CHOOSE: Corn Niblets Sliced Cucumbers Side Salad	14 CHOOSE ONE: Mandarin Orange Chicken Rice Bowl w/ Chow Mein Noodles Grilled Cheese Sandwich Chef Salad Chicken Caesar Wrap CHOOSE: Tomato Soup Mixed Side Salad	15 CHOOSE ONE: Pizza Variety Cheesy Fish Filet Sandwich Apple -A- Day Salad Deli Carver Combo Sub CHOOSE: Green Beans Fresh Veggie Dippers
18 CHOOSE ONE: Hamburger Sliders or Cheeseburger Sliders Popcorn Chicken & Waffle Fruit & Yogurt Plate Turkey Club Wrap CHOOSE: Country Baked Beans Fresh Veggie Dippers	19 CHOOSE ONE: Pork Tacos Cheesy Bread Chicken Caesar Salad PB&J Kit CHOOSE: Corn Niblets* Marinara Sauce Cup * Romaine Side Salad *	20 CHOOSE ONE: Macaroni & Cheese Tacho Chicken Bowl w/ Garlic Breadstick Chef Salad Ham & Cheese Croissant CHOOSE: Broccoli Florets Sliced Cucumbers Side Salad	21 CHOOSE ONE: Featured Entrée- Cheese Lasagna Roll-Up & Roll BBQ Pork Flatbread Yogurt & Fruit Parfait Chicken Caesar Wrap CHOOSE: Crispy Fries Mixed Side Salad	22 CHOOSE ONE: Pizza Variety Boneless Dill Chicken Wings & Roll Variety Apple -A- Day Salad Deli Carver Combo Sub CHOOSE: Green Beans Fresh Veggie Dippers
25 CHOOSE ONE: Chicken Tenders & Cornbread Backyard Pizza Burger Fruit & Yogurt Plate Turkey Club Wrap CHOOSE: Mixed Vegetable Medley Fresh Veggie Dippers	26 CHOOSE ONE: Max Cheese Sticks Chicken Vegetable Dumpling w/ Chicken Fried Rice Chicken Caesar Salad PB&J Kit CHOOSE: Green Beans * Marinara Sauce Cup * Romaine Side Salad *	27 CHOOSE ONE: Teriyaki Beef Dippers & Rice Cavatappi Pasta Alfredo Chef Salad Ham & Cheese Croissant CHOOSE: Broccoli Florets Sliced Cucumbers Side Salad	28 CHOOSE ONE: Corn Dog Popcorn Chicken, Mashed Potatoes, Gravy & Roll Yogurt & Fruit Parfait Chicken Caesar Wrap CHOOSE: Corn Niblets Mixed Side Salad	29 CHOOSE ONE: Pizza Variety Chicken Tinga Tacos Apple -A- Day Salad Deli Carver Combo Sub CHOOSE: Country Baked Beans Fresh Veggie Dippers

DAILY BREAKFAST CHOICES
 Hot or cold breakfast choices are available daily, i.e.:
 Breakfast Sandwich, Pancakes, Cereal & Toast, or Cereal Bar & Toast.
Must choose at least 1: Fruit or Juice.
May choose 1: Milk
 Skim, Low Fat White, or Fat Free Chocolate.

DAILY LUNCH CHOICES:
Choice 1: Entrée.
Must choose at least 1: Fruit or Vegetable (may choose up to 2 servings each of fruits & veggies with their lunch meal)
May Choose: 1 Milk; Skim, Low Fat White, or Fat Free Chocolate.

Available for lunch daily: Meat or Meatless Entrée, Entrée Salads, Cold Sandwiches, Hot & Cold Vegetable choices, Variety of Fruits (fresh or cupped) & Juices

