



# SCHOOL LUNCH MENU

October 2022



**1% White or Fat Free Chocolate Milk or Non-Dairy Milk**  
**Water available at all meals, Fresh Tossed Salad served at every meal**  
**Menus Are Subject to Change**

Week of	Monday	Tuesday	Wednesday	Thursday	Friday
10/3	Chicken Nuggets Smiley Fries Mandarin Oranges Milk GF Grilled Chicken Strips	Beef Tacos Soft Corn Tortillas Rice & Beans Salsa & Sour Cream Cinnamon Applesauce w/ Milk	Goulash Broccoli Mixed Fruit Milk GF Pasta Available	Grilled Cheese Tomato Soup Pears Milk GF Bread Available	Pepperoni Pizza Wax Beans Peaches Milk GF Pizza Available
10/10	Hamburger on Wheat Bun Baked Beans Applesauce Milk GF Bread Available	Chicken Nuggets Carrots Roll Pears Milk GF: Grilled Chicken in Sauce	Chicken Lo Mein Stir Fried Vegetables Broccoli Chewy Rice Noodles Mandarin Oranges Milk GF Pasta Available	Buttermilk Biscuit w/ Country Gravy Corned Beef Hash Cheddar Scrambled Egg Apples Milk GF: No biscuit & gravy	BBQ Pork on Wheat Bun Wax Beans Mixed Fruit Milk GF Bread Available
10/17	Sloppy Joes on a Bun Wax Beans Pears Milk GF Bread Available	Crispy Popcorn Chicken & Mashed Potato Bowl Oven Roasted Corn Seasoned Chicken Gravy Peaches Milk GF: Grilled Chicken Strips	Spaghetti w/ Meatballs Oven Roasted Tomato Sauce Garlic Bread Mixed Fruit Milk GF Pasta Available	White Chicken Chili Romaine Salad Mandarin Oranges Milk GF Pasta Available	Cheese Pizza Roasted Chickpeas Mixed Vegetables Applesauce Milk GF Pizza Available
10/24	Oven Baked Fish Sticks Crispy Oven Baked Fries Tossed Salad Applesauce Milk GF: Grilled Chicken in Sauce	Chili w/ Cheese & Rice Cornbread Oven Roasted Carrots Peaches Milk	Chicken Alfredo Broccoli Mixed Fruit Milk GF Pasta Available	Shepard's Pie Mashed Potatoes Seasoned Ground Beef Mixed Vegetables Chef's Choice Fruit Cheddar Cheese Milk	Tuna Casserole Sweet Peas Pears Milk GF Pasta Available

**Daily Option: Sunflower Butter/Jelly (100% PEANUT FREE) or Cheese Sandwich on Whole Wheat with Milk, Veggies and Fruit of the day**

✓ = Meal as prepared is gluten free      ⊗ = HAS GLUTEN/Modification made

**\*\* On these days, entrée not GF so staff will assist student to choose one of the following GF options:**

**Burger (no bun), Cheeseburger (no bun), Chicken, Hard Boiled Eggs each is served with the daily Vegetables, Fruit, & Milk**