



School Lunch Menu

October 2023

*All menu items are subject to change.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Sloppy Joe on a W.G. Bun 2 Baby Carrots Red Apple Sun Chips Milk Veg - veg patty on a w.g. bun	W.G. Penne and Chicken in a Rosa Sauce 3 Mixed Green Salad with Creamy Italian Dressing Fresh Pear W.G. Garlic Bread Stick Milk Veg - pasta marinara	Salisbury Steak in a Beef Gravy 4 Mashed Potatoes Fresh Broccoli Banana Slice of W.G. Bread Milk Veg - brown rice + beans	White Chicken Chili with Beans 5 Sliced Cucumbers Red Grapes W.G. Garlic Bread Stick Milk Veg - bean chili	W.G. Soft Beef Taco x2 6 Lettuce + Cheese Seasoned Black Beans Carrot + Celery Sticks Fresh Orange Tortilla Chips + Salsa Milk Veg - bean taco
W.G. Chicken Tenders 9 Baby Carrots Creamy Pasta Salad Red Apple Milk Veg - cheese sandwich	Sliced Chicken Alfredo with W.G. Penne Pasta 10 Mixed Green Salad with French Dressing Pineapple Chunks W.G. Garlic Bread Stick Milk Veg - pasta marinara	Swedish Meatballs 11 Mashed Potatoes Fresh Broccoli Banana Slice of W.G. Bread Milk Veg - brown rice + beans	Chicken Wild Rice Hot Dish 12 Sliced Zucchini Red Grapes W.G. Garlic Bread Stick Milk Veg - vegetable rice soup	Cheese Burger on a W.G. Bun 13 Cowboy Beans Fresh Orange Sun Chips Milk Veg - veg patty on a w.g. bun
BBQ Chicken on a W.G. Bun 16 Baby Carrots Fresh Pear Tortilla Chips Milk Veg - cheese sandwich	Meatloaf Baked in a Tomato Beef Gravy 17 Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk Veg - brown rice + beans	W.G. Lasagna Rolls 18 Meat Sauce and Cheese Mixed Green Salad with Creamy Italian Dressing Sliced Peaches W.G. Garlic Bread Stick Milk Veg - pasta marinara	Chicken Breast on a W.G. Bun 19 Slice of White Cheese Baked Beans Red Apple Sun Chips Milk Veg - bbq beans on a w.g. bun	Chicken Teriyaki with Peppers and Onions 20 Brown Rice Fresh Broccoli Pineapple Chunks Slice of W.G. Bread Milk Veg - brown rice with cheese
W.G. Chicken Patty on a W.G. Bun 23 Baby Carrots Red Apple Nacho Cheese Doritos Milk Veg - veg patty on a w.g. bun	W.G. Stuffed Crust Cheese Pizza 24 Mixed Green Salad with Creamy Italian Dressing Fresh Pear Milk Veg - pasta marinara	Sliced Chicken in a Chicken Gravy 25 Mashed Potatoes Fresh Broccoli Banana Slice of W.G. Bread Milk Veg - brown rice + beans	Italian Meatballs with Shredded Cheese 26 W.G. Coney Bun Sliced Cucumbers Creamy Pasta Salad Red Grapes Milk Veg - italian beans on w.g. bread	W.G. Soft Chicken Taco x2 27 Lettuce + Cheese Seasoned Black Beans Carrot + Celery Sticks Fresh Orange Tortilla Chips + Salsa Milk Veg - bean taco
W.G. Chicken Nuggets 30 Baby Carrots Pineapple Chunks Sun Chips Milk Veg - cheese sandwich	Chicken and Cheese with W.G. Penne Pasta 31 Mixed Green Salad with French Dressing Banana W.G. Garlic Bread Stick Milk Veg - pasta marinara			

Sandwich Option

Monday - Turkey + Cheddar on a W.G. Bun

Tuesday - Turkey Ham+ Swiss on a W.G. Bun

Wednesday - Turkey Cold Cut Sub on a W.G. Bun

Thursday - Turkey Ham + Cheddar on a W.G. Bun

Friday - Turkey + Swiss on a W.G. Bun

*All sandwiches served With fruit & vegetable of the day.

Salad Options

Monday - Chef Salad

Tuesday - Beef Taco Salad

Wednesday - Cranberry Chicken Salad

Thursday - Chicken Caesar Salad

Friday - Beef Taco Salad

* All salads served with breadstick and fruit of the day.