



School Information: Menu is subject to change. We serve a variety of milk daily. This is an equal opportunity work place.
October 16-19 National School Lunch Week.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Chicken Drumsticks with Yellow Rice **1**
 PB&J Uncrustable
 Buffalo Chicken salad
 Steamed Broccoli
 Fresh Veggie Tray
 Fresh Fruit

Tuesday

Shepherd's Pie w/Whole Wheat Roll **2**
 Yogurt Snacker
 Harvest Chicken Salad
 Green Peas
 Fresh Veggie Tray
 Chilled Fruit

Wednesday

Cheesy Fish Sandwich **3**
 Turkey & Cheese Sandwich
 Baked Beans
 Fresh Veggie Tray
 Fresh Fruit

Thursday

Korean BBQ Taco **4**
 Ham & Cheese Sandwich
 Chef Salad
 California Blend
 Fresh Veggie Tray
 Chilled Fruit

Friday

Cheeseburger **5**
 Yogurt Snacker
 Chicken Caesar Salad
 French Fries
 Fresh Veggie Tray
 Applesauce

Chicken Patty Sandwich **8**
 PB&J Uncrustable
 Asian Chicken Salad
 Sweet Potato Fries
 Fresh Veggie Tray
 Fresh Fruit

Beef Tacos w/chips & salsa **9**
 Yogurt Snacker
 Southwest Salad
 Pinto Beans
 Fresh Veggie Tray
 Chilled Fruit

Fish Nuggets w/Macaroni & Cheese **10**
 Pizza Snacker
 Fruit Salad
 Green Beans
 Fresh Veggie Tray
 Fresh Fruit

Cuban Flatbread **11**
 Turkey & Cheese Sandwich
 Chef Salad
 Black Beans
 Fresh Veggie Tray
 Chilled Fruit

Pizza **12**
 Yogurt Snacker
 Chicken Caesar Salad
 Corn
 Fresh Veggie Tray
 Frozen Juice Cup

NO SCHOOL **15**

Chicken Nuggets W/Whole Wheat Roll **16**
 Yogurt Snacker
 Harvest Salad
 Steamed Carrots
 Fresh Veggie Tray
 Chilled Fruit

Alfredo with a Twist **17**
 Turkey & Cheese Sandwich
 Fruit Salad
 Broccoli
 Fresh Veggie Tray
 Fresh Fruit
 Cookie

Cheeseburgers **18**
 Ham & Cheese Sandwich
 Chef Salad
 French Fries
 Fresh Veggie Tray
 Chilled Fruit

Fiestada Pizza **19**
 Yogurt Snacker
 Chicken Caesar Salad
 Caribbean Blend Vegetables
 Fresh Veggie Tray
 Applesauce

Chili w/Cheesy Breadstick **22**
 PB&J Uncrustable
 Asian chicken Salad
 Potato Wedges
 Fresh Veggie Tray
 Fresh Fruit

Chicken Tenders w/Biscuit **23**
 Yogurt Snacker
 Southwest Salad
 Green Beans
 Fresh Veggie Tray
 Chilled Fruit

Baked Ziti **24**
 Pizza Snacker
 Fruit Salad
 Steamed California Blend
 Fresh Veggie Tray
 Fresh Fruit

Monte Cristo Sandwich **25**
 Chicken Wrap
 Chef Salad
 Sweet Potato Fries
 Fresh Veggie Tray
 Chilled Fruit

Pizza **26**
 Yogurt Snacker
 Chicken Caesar Salad
 Corn on the Cob
 Fresh Veggie Tray
 Frozen Juice Cup

Chicken Drumsticks w/Yellow Rice **29**
 PB&J Uncrustable
 Buffalo Chicken Salad
 Steamed Broccoli
 Fresh Veggie Tray
 Fresh Fruit

Shepherd's Pie w/ Whole Wheat Roll **30**
 Yogurt Snacker
 Harvest Chicken Salad
 Green Peas
 Fresh Veggie Tray
 Chilled Fruit

Cheesy Fish Sandwich **31**
 Turkey & Cheese Sandwich
 Fruit Salad
 Baked Beans
 Fresh Veggie Tray
 Fresh Fruit

