



Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
Principal Month Thank your principal during National Principal Month.		1 Fiestada Pizza Chef Salad w/ Bread Peanut Butter & Jelly Snd Ham & Cheese Sandwich Steamed Peas	2 Grilled Chicken Patty on Bun Pizza Munchable Peanut Butter & Jelly Snd Ham & Cheese Sandwich French Fries	3 Beef & Cheese Taco Cheese or Pepperoni Pizza Nacho Munchable Ham & Cheese Sandwich Garden Salad
6 Pepperoni Pizza Grilled Cheese Sandwich Peanut Butter Munchable Fruit & Yogurt Parfait Chicken Patty on a Bun Steamed Green Beans	7 NEW ITEM Ramen Noodle Dumpling Bowl with Bread Slice Chef Salad w/ Bread Peanut Butter & Jelly Snd Chicken Patty on a Bun Steamed Mixed Vegetables	8 WELLNESS WEDNESDAY ***Roasted Chickpeas*** Popcorn Chicken Bowl with Bread Slice Chef Salad w/ Bread Peanut Butter & Jelly Snd Chicken Patty on a Bun Steamed Corn	9 Macaroni & Cheese with Garlic Toast Pizza Munchable Peanut Butter & Jelly Snd Chicken Patty on a Bun Stewed Tomatoes	10 Fish Sticks with Garlic Toast Cheese or Pepperoni Pizza Nacho Munchable Chicken Patty on a Bun Mashed Potatoes
13 NO SCHOOL FALL BREAK	14 Open Face Pizza Burger Chef Salad w/ Bread Peanut Butter & Jelly Snd Ham & Cheese Sandwich BBQ Baked Beans	15 TAKING NUTRITION GLOBAL MEXICO Chicken Quesadilla Chef Salad w/ Bread Peanut Butter & Jelly Snd Ham & Cheese Sandwich Steamed Corn Churro Dessert	16 Walking Taco w/ Bread Slice Pizza Munchable Peanut Butter & Jelly Snd Ham & Cheese Sandwich Garden Salad	17 Double Cheese Dippe with Slammin' Sauce Cheese or Pepperoni Pizza Nacho Munchable Ham & Cheese Sandwich Steamed Carrots
20 Sweet & Spicy BBQ Chicken Bowl Peanut Butter Munchable Fruit & Yogurt Parfait Turkey & Cheese Sandwich Steamed Mixed Vegetables	21 APPLE CRUNCH DAY Beef Nachos w/ Cheese and Bread Slice Chef Salad w/ Bread Peanut Butter & Jelly Snd Turkey & Cheese Sandwich Refried Beans Apple Crisp Dessert	22 French Toast Sticks w/ Syrup and Sausage Patties Chef Salad w/ Bread Peanut Butter & Jelly Snd Turkey & Cheese Sandwich Tater Tots	23 Chicken & Broccoli Alfredo Pizza Munchable Peanut Butter & Jelly Snd Turkey & Cheese Sandwich Steamed Broccoli	24 BBQ Pork on a Bun Cheese or Pepperoni Pizza Nacho Munchable Turkey & Cheese Sandwich Stewed Tomatoes
27 Dutch Waffle & Chicken Peanut Butter Munchable Fruit & Yogurt Parfait Cheeseburger on a Bun Steamed Peas	28 Chicken & Cheese Taco Chef Salad w/ Bread Peanut Butter & Jelly Snd Cheeseburger on a Bun Refried Beans	29 Cheese Tortellini with Garlic Toast Chef Salad w/ Bread Peanut Butter & Jelly Snd Cheeseburger on a Bun Steamed Green Beans	30 Hot Dog on a Bun Pizza Munchable Peanut Butter & Jelly Snd Cheeseburger on a Bun French Fries Sweet Treat	31 HAPPY HALLOWEEN Spooky Meatball Hoagie Cheese or Pepperoni Pizza Nacho Munchable Cheeseburger on a Bun Steamed Broccoli

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate

Choice of Vegetable, Choice of Fruit*

Choice of Grain/Bread, and Choice of Milk

*Students must choose at least one fruit or vegetable

MILK OPTIONS

Fat Free White, 1% White, Fat Free Chocolate,
Fat Free Strawberry

FRUIT & VEGGIE OPTIONS

Broccoli Florets | Baby Carrots

Dark Leafy Greens | Legume Salads

Celery & Cucumber

*May choose two 1/2 cup servings

Crisp Apple | Sliced Peaches | Mixed Fruit

Fresh Orange | Banana | Pineapple Tidbits

Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.

9th-12th may choose two 1/2 cup servings

ALTERNATE MENU OPTIONS

Middle/High School

Fresh Salads

Cheese or Pepperoni Pizza

Specialty Pizza

Cheeseburger on a Bun

Breaded Chicken Patty on a Bun