





Student lunch \$0.00 Reduced price \$ 0.00

A full student lunch includes a choice of entrée supplying protein and grain, up to three (3) vegetable side dishes, one (1) fruit side dish, and milk.

Milk choices include 1% white and skim chocolate.

Monday	Tuesday	Wednesday	Thursday	Friday
29-Sep	30-Sep	1-Oct	2-Oct	3-Oct
Baked Chicken, Mashed Potaoes, Gravy, Corn & a biscuit	Turkey Sausage Links, Waffles, & tater tots	Baked Cheesy Tortellini W/ Meat Sauce & WG Texas Toast	Orange Chicken, Fried Rice, Egg Roll and Seasoned Oriental Vegetables	Hot Dog Bar with Chilli and Cheese Sauce
Whole Grain Chicken Tenders & WG Biscuit	Turkey corn dog	Jalapeno Cheeseburger	Breaded Chicken Sandwich on Whole Grain Bun	Spicy tenders w/ dinner Roll
WG Cheese Pizza	WG Pepperoni Pizza	BBQ Chicken Pizza	Bosco Stick With Sauce	WG Cheese Pizza
Brust'O Berry Parfait	Chef Salad with Ham, Turkey Croutons & Gold Fish Crackers	Brust'O Berry Parfait	Chef Salad with Ham, Turkey Croutons & Gold Fish Crackers	Brust'O Berry Parfait
Chopped Romaine lettuce	Fresh Baby Carrots	Caesar Romaine Salad	Oriental Vegetables	Cherry Tomatoes
Coleslaw	Fresh Cucumbers	Sweet peas	Edamame Salad	Fresh Celery Stick
Shredded Carrots	Broccoli Slaw	Fresh Baby Carrots	Shredded Romaine Lettuce	Romaine Spinach Salad
Chilled Pears	Mandarin Oranges	Rosy Applesauce	Chilled Pineapple	Jello with Fruit
Fresh Orange Wedges	Fresh Honeydew Melon	Fresh Pears	Banana	Fresh Apple
6-Oct	7-Oct	8-Oct	9-Oct	10-Oct
Chicken Alfredo Rotini & Garlic Twist	Cheesy Enchiladas (2) W/ Spanish Rice	Sloppy Joes W/ Potato Chips	Bone-in Buffalo Wings, Curly Fries & Biscuits	Scrambled Eggs, Pancakes and Tater Tots
Spicy Chicken Sandwich	French Bread Cheese Pizza	Chicken Crispitos (2) W/ Salsa Cup	Turkey corn dog	Hamburger on Whole Wheat Bun
WG Cheese Pizza	Ham & Cheese Pizza	WG Cheese Pizza	Meat Lovers Pizza	Buffalo Chicken Pizza
Blueberry Yogurt Parfait	BBQ Chicken Salad, Croutons & a Muffin	Blueberry Yogurt Parfait	BBQ Chicken Salad, Croutons & a Muffin	Blueberry Yogurt Parfait
Broccoli	Fresh Pico de Gallo	Cherry Tomatoes	Carrot Sticks	Sliced Radishes
Green Peas Shredded Carrots	Tossed Salad Black Beans and Salsa	Sliced Red Peppers Salad tossed w/ Italian dressing	Celery Sticks Sliced Cucumbers	Broccoli Florets Fresh Spinach
Mandarin Oranges	Chilled Pears	Apple Salad with yougurt and Honey	Chilled Tropical Fruit	Chilled Peaches
13-Oct	14-Oct	15-Oct	16-Oct	=
Chicken Tiki Masala W/ Basamati rice	Danta Marathalla O Marinana anno durith	Pulled Chicken Sandwich W/ Corn on	Teriyaki Beef, Fried Rice, Vegetable Egg	0.0
and Naan Bread	Pasta, Meatballs & Marinara served with a Dinner Roll	the Cobb	Roll W/ a fortune cookie	stlle
Cheeseburger on Whole Grain Bun	Spicy tenders w/ dinner Roll	Breaded Chicken On WG Bun	Whole Grain Chicken Tenders & Dinner Roll	MIM
Steamed Broccoli			Sesame Broccoli Salad	
WG Cheese Pizza	WG Pepperoni Pizza	WG Cheese Pizza	WG Meat Lovers Pizza	TAO
Strawberry Banana Yogurt Parfait	Cobb Salad and Muffin	Strawberry Banana Yogurt Parfait	Cobb Salad and Muffin	SCHOOL
Tossed salad	Fresh Shredded Carrots	Coleslaw	Fresh Baby Carrots	SCHOOL
Fresh Celery Sticks	Peas	Chopped Romaine lettuce	Hearthy Green Spinach and cranberry	
Fresh Baby Carrots	Broccoli Ranch Salad w/ Carrots	BBQ Bean Salad	Sliced bell peppers	4(1)
Rosy Applesauce	Chilled Mixed Fruit	Chilled Pineapples	Chilled Peaches	
20-Oct	21-Oct	22-Oct	23-Oct	24-Oct
Jerk Chicken, Sofrita Rice and Black beans	Build Your Own Nacho Bar W/ Refried Beans	Mashed Potato and Popcorn Chicken Bowl	Build your own baked potato bar: Chili, Cheese, Bacon, Ham and Broccoli	Cheesy Egg Caserole
			Served with Corn bread poppers (6)	French Toast sticks and Tater tots
Breaded Chicken Sandwich	Pancake on a stick (2)	Chicken Crispitos (2)	Spicy Chicken Tenders and Dinner Roll	Turkey corn dog
WG Pepperoni Pizza	WG 6" Bosco Sticks (2) with Sauce	Buffalo Chicken Pizza	WG Cheese Pizza	WG Pepperoni Pizza
Strawberry & Blueberry Yogurt Parfait	Roasted Turkey Club Salad w/ Croutons & Goldfish Crackers	Strawberry & Blueberry Yogurt Parfait	Roasted Turkey Club Salad w/ Croutons & Goldfish Crackers	Strawberry & Blueberry Yogurt Parfait
Chopped Romaine lettuce	Salsa & Shredded lettuce	Fresh Cucumber Slices	Sweet peas	Fresh Baby Carrots
Chick Pea Salad	Fresh Baby Carrots	Fresh Cherry Tomato	Caesar Salad	Fresh Cauliflower
Cherry Tomatoes	Fresh Spinach	Tossed salad	Sliced Radishes	Fresh Broccoli
Chilled Mandarin oranges	Cinnamon Raisin Apple Slices	Peachy Fruit Salad with grapes	Chilled Tropical Fruit	Jello with Fruit
Watermelon	Fresh Pear	Cantaloupe Cubes	Apple Salad w/ yogurt dressing	Fresh Oranges
watermeion 27-Oct	28-Oct	29-Oct	30-Oct	Ţ.
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French Fry Bar Your choice of, Cheese Sauce, Shredded Cheese, Chilli, Sour Cream and corn bread nuggets (6)	Chicken Parmesan, Spaghetti W/ Marinara Garlic Bread and steamed Broccoli	Genral Tso's Chicken & Lomein W/ Vegetable Egg Roll	Pancakes, Turkey Sausage Patty and Hash Brown Patty	Build your own burger bar: Choose between a pretzel or WG bun, Impossible veggie burger or Beef Patty W/ your choice of cheese and chips
Crispy Chicken Sandwich	Hamburger on a Whole Grain Bun	Mini Corn Dogs	Cheeseburger on Whole Grain Bun	Chicken Crispitos (2)
WG Cheese Pizza	WG Pepperoni Pizza	BBQ Chicken Pizza	Bosco Stick With Sauce	WG Cheese Pizza
Brust'O Berry Parfait	Chef Salad with Ham, Turkey Croutons & Gold Fish Crackers	Brust'O Berry Parfait	Chef Salad with Ham, Turkey Croutons & Gold Fish Crackers	Brust'O Berry Parfait
		Mixed Oriental Vegitables		Coleslaw
Chopped Romaine lettuce	Caesar Salad	Edamame	Sweet peas	Shredded Lettuce
Celery Sticks	Cherry Tomatoes	Cauliflower Florets	Fresh Bell Pepper Slices	Sliced Tomatoes
Fresh Broccoli	Baby Carrots	Tossed salad	Shredded Carrots	Sliced Tornatoes Sliced Onions
Chilled Mandarin oranges	Cinnamon Raisin Apple Slices	Peachy Fruit Salad with grapes	Chilled Tropical Fruit	Fresh Grapes
Watermelon	Fresh Pear	Cantaloupe Cubes	Apple Salad w/ yogurt dressing	Fresh Oranges

