





October Lunch Menu



Vegetarian

No Pork Products Served

Monday	Tuesday	Wednesday	Thursday	Friday
1 Spaghetti & Meatballs Garden Salad Anjou pear	2 Sweet and Sour Chicken over Brown Rice with an Egg Roll Sliced Peaches	3 Turkey Ham and Cheese Pretzel Melt Garbanzo Bean Salad Sliced Apples	4 Oven Baked BBQ Chicken Creamy Whipped Potatoes Banana	5 Vegetarian Fresh Baked Pizza Orange Brownie Cookie Emoji Fries
8 No School! 	9 Chicken and Cheese Enchiladas Chilled Black Bean & Corn Salad Banana	10 Vegetarian Baked Penne Broccoli Anjou pear	11 Jamaican Jerk Chicken Roasted Sweet Potatoes Banana	12 Chicken Nuggets Herb Peas & Carrots Applesauce Cup
15 Orange Chicken Over Rice w/ WG Egg Roll Garlic Green Beans Orange 	16 Pasta Bolognese Broccoli Pineapple Tidbits	17 Crunchy Fish Bites Savory Baked Beans Banana	18 Oven Baked Rotisserie Chicken Collard Greens Roasted Sweet Potatoes Red Delicious Apple Spiced Apple	19 Vegetarian Cheese Pizza Slice French Fries Grapes
22 Breaded Chicken Filet Sandwich California Blend Fruit Punch	23 Fresh Super Beef Nachos Cajun Black Beans Fresh Pico De Gallo Applesauce Cup	24 Parmesen Pesto Cheese Tortellini Roasted Baby Carrots Sweet Frozen Strawberries	25 Breakfast for Lunch! French Toast Sticks w/ Turkey Sausage Tater Tots Anjou pear	26 Chicken Nuggets Broccoli Orange
29 Pulled BBQ Turkey Sandwich Garlic and Herb Roasted Potatoes Banana	30 Crunchy Fish Bites Roasted Baby Carrots Sliced Apples	31 Teriyaki Meatballs w/ Pineapple Brown Rice Oriental Vegetables Sliced Peaches	This institution is an equal opportunity provider.	

NATIONAL SCHOOL LUNCH WEEK

Milk Selections

Choice of 8oz milk offered daily

1% Plain

Fat Free Chocolate

Fat Free Strawberry

Salad and Sandwich Daily Entrees

MONDAY

Buffalo Chicken Salad
Cheeseburger Mac'Wrap
Veggie Burger

TUESDAY

Turkey Cobb Salad
WOW Butter and Jelly Sandwich
Garden Salad with Cheese

WEDNESDAY

BBQ Chicken Salad
Turkey Sandwich
Veggie Burger

THURSDAY

Fruit & Cheese Tray
Tuna Salad Sandwich

FRIDAY

Taco Salad
Turkey Sandwich
Cheese Pizza Slice



LINTONS
Food Service Management