


October

9th-12th Grade Lunch Menu 

2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sloppy Joe Sandwich w/ Potato Wedges and Carrots Sticks	3 BBQ Chicken w/ Corn Cob and Vegetarian Beans + Corn Muffin	4 Penne Pasta w/ Meat Sauce w/ Side Salad and Broccoli + Dinner Roll	5 Beef Taco Stick w/ Salsa and Cucumber Slices	6 Pizza w/ Celery and Carrot Sticks
9 Chicken Sandwich w/ Potato Wedges and Carrot Sticks	10 Beef Nachos w/ Salsa and Beans	11 Korean BBQ chicken and Rice Bowl w/ Sweet Potato and Broccoli + Goldfish Crackers	12 Beef Chalupa w/ Jicama Sticks and Cucumber Slices	13 Bean and Cheese Burritos w/ Roasted Corn and Salsa
16 Beef Hamburger w/ Potato Wedges and Carrot Sticks	17 Chicken Tamale w/ Jicama Sticks and Cucumber Slices + Goldfish Cracker	18 Spaghetti w/ Meatballs w/ Side Salad and Broccoli + Dinner Roll	19 Orange Chicken w/ Rice and Edamame and Corn (2 scoops of Rice)	20 National Chicken and Waffles Day!! w/ Celery and Jicama Sticks (2 Waffles)
23 Corn Dog w/ Potato Wedges and Carrot Sticks	24 Chicken Nuggets w/ Mashed Potatoes and Corn + Goldfish Crackers	25 <u>World Pasta Day</u> Chicken Alfredo w/ Side Salad and Broccoli + Dinner Roll	26 Bean And Cheese Papusa w/ Curtido and Salsa	27 Beef Sliders w/ Tater Tots and Side Salad
30 Bean And Cheese Burritos w/ Salsa and Cucumber Slices	31  Hot dogs w/ Potato Wedges and Carrot Sticks 			

At lunch, students are offered all five required food components in at least the minimum required amounts.

The components at lunch are meats/meat alternates; grains; fruit; vegetables; and fluid milk.

Under OVS, a student must take at least three components in the required serving sizes.

One selection must be at least ½ cup from either the fruit or vegetable component.

There will be additional fruit and vegetable options available for all students.