

October

K-8th 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	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	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	¹⁸ Spaghetti w/ Meatballs w/ Side Salad and Broccoli	¹⁹ Orange Chicken w/ Rice and Edamame and Corn	²⁰ National Chicken and Waffles Day!! w/ Celery and Jicama Sticks
²³ Corn Dog w/ Potato Wedges and Carrot Sticks	²⁴ Chicken Nuggets w/ Mashed Potatoes and Corn	²⁵ <u>World Pasta Day</u> Chicken Alfredo w/ Side Salad and Broccoli	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.