


# OCTOBER

## Lunch Menu 9th-12th Grade

MON	TUES	WEDS	THURS	FRI
	1 Cheese Ravioli Garden Salad Carrot Sticks Texas Toast	2 Swedish Meatballs Mashed Potatoes Broccoli Dinner Roll	3 Crispy Orange Chicken Rice Edamame and Corn	4 Beef Sliders Cucumber Slices Jicama Sticks
7 Sloppy Joe Tater Tots Carrot Sticks	8 Carne Asada Nachos Beans Salsa	9 Chicken Teriyaki Rice Broccoli and Carrots Goldfish	10 Turkey Sub Or Salmon Salad w/Romain and Tomato	11 Calzones Corn Cup Jicama Sticks
14 Beef Burger Potato Wedges Lettuce and Tomato	15 Chicken Tamale Rice Beans and Corn	16 Chicken Nuggets Mashed Potatoes Zucchini	17 Beef Taco Stick Broccoli Baby Carrots	18 Pepperoni Pizza Caesar Salad Cherry Tomatoes
21 No School	22 Pull Apart Bread Marinara Sauce Caesar Salad	23 Chicken And Waffles Corn Cup Broccoli	24 Beef Chalupa Pinto Beans Carrots	25 Mediterranean Chicken w/Rice Tomato Cucumber Salad Pita Bread
28 Chicken Sandwich Potato Wedges Celery Sticks	29 Carne Asada Nachos Beans Salsa	30 Turkey Sub or Chicken Caesar Salad w/ Romain and Tomatoes	31 Hot Dogs Tater Tots Chili Beans	

## Spooky Notes

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.

This institution is an equal opportunity provider