


OCTOBER

Lunch Menu K-8th Grade

| MON | TUES | WEDS | THURS | FRI |
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| | 1 Cheese Ravioli Garden Salad Carrot Sticks | 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 | 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