



# LUNCH MENU OCTOBER 2021

This institution is an equal opportunity provider.  
Serving Sizes are as follows: School Age – m/ma 2oz, fruit ½ c, vegetables ¼ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

WG = Whole Grain  
Fruit options vary when in season and will be rotated based on availability:  
Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches,  
Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail,  
Peaches, Mandarin Oranges, Mangos

Monday October 4	Tuesday October 5	Wednesday October 6	Thursday October 7	Friday October 8
<b>Turkey &amp; Cheese on WW Bread</b> Mayonnaise Carrot Sticks (Peas) Ranch Dressing Fruit Milk <b>SunButter &amp; Grape Fruit Spread Sandwich on WW Bread</b> <b>Lunch Alt: Chicken Fingers</b>	<b>BBQ Meatballs</b> Buttered Noodles Green Beans Fruit Milk <b>Tofu</b> <b>Lunch Alt: Turkey &amp; Cheese Sandwich</b>	<b>Grilled Chicken</b> Garden Salad w/ Cheese & Tomato Ranch Dressing Dinner Roll w/ Butter Fruit Milk <b>Edamame</b> <b>Lunch Alt: Chicken Fingers</b>	<b>Turkey Sausage</b> French Toast Breakfast Potatoes Fruit Milk <b>Veggie Sausage</b> <b>Lunch Alt: Turkey &amp; Cheese Sandwich</b>	<b>Pizza Bagel</b> <b>WG Bagel w/ Marinara Sauce &amp; Mozzarella Cheese</b> Carrot Sticks Ranch Dressing Fruit Milk <b>Lunch Alt: Chicken Fingers</b>
<b>October 11</b> <b>2 Hot Dogs</b> WG Hot Dog Bun Ketchup Tator Tots Fruit Milk <b>Lunch Alt: Turkey &amp; Cheese Sandwich</b>	<b>October 12</b> <b>Scrambled Eggs w/ Cheese</b> WG English Muffin Breakfast Potatoes Fruit Milk <b>Lunch Alt: Chicken Fingers</b>	<b>October 13</b> <b>Turkey and American on WG Bun</b> Mayo Side Garden Salad w/ Italian Dressing ( <i>Diced and Peeled Cucumber</i> ) Fruit Milk <b>SunButter &amp; Grape Fruit Spread Sandwich on WW Bread</b> <b>Lunch Alt: Chicken Fingers</b>	<b>October 14</b> <b>Beef and Cheese Taco</b> WG Flour Tortilla Corn & Black Bean Salad Fruit Milk <b>Bean Taco</b> <b>Lunch Alt: Turkey &amp; Cheese Sandwich</b>	<b>October 15</b> <b>Pizza Bagel</b> <b>WG Bagel w/ Marinara Sauce &amp; Mozzarella Cheese</b> Celery Sticks Ranch Dressing Fruit Milk <b>Lunch Alt: Chicken Fingers</b>
<b>October 18</b> <b>Meatball Parm</b> WG Garlic Toast Mixed Veg Fruit Milk <b>Veggie Meatball Parm</b> <b>Lunch Alt: Turkey &amp; Cheese Sandwich</b>	<b>October 19</b> <b>Greek Chicken and Feta</b> WG Pita Bread Tzatziki Sauce Cucumbers Fruit Milk <b>Edamame</b> <b>Lunch Alt: Chicken Fingers</b>	<b>October 20</b> <b>Roast Beef and American Cheese</b> WG Sandwich Roll Fresh Broccoli w/ Ranch Fruit Milk <b>SunButter &amp; Grape Fruit Spread Sandwich on WW Bread</b> <b>Lunch Alt: Chicken Fingers</b>	<b>October 21</b> <b>WG Chicken Patty Sandwich</b> American Cheese Coleslaw WG Sandwich Roll Ketchup Fruit Milk <b>Veggie Burger</b> <b>Lunch Alt: Turkey &amp; Cheese Sandwich</b>	<b>October 22</b> <b>Pizza Bagel</b> <b>WG Bagel w/ Marinara Sauce &amp; Mozzarella Cheese</b> Carrot Sticks Ranch Dressing Fruit Milk <b>Lunch Alt: Chicken Fingers</b>
<b>October 25</b> <b>Swedish Meatballs</b> WG Buttered Noodles Corn Fruit Milk <b>Veggie Meatballs</b> <b>Lunch Alt: Chicken Fingers</b>	<b>October 26</b> <b>Grilled BBQ Chicken</b> WG Dinner Roll Green Beans Fruit Milk <b>Tofu</b> <b>Lunch Alt: Turkey &amp; Cheese Sandwich</b>	<b>October 27</b> <b>Turkey Ham &amp; Cheese Sandwich</b> Whole Grain Sandwich Roll Tomato/Cucumber Salad Fruit Milk <b>SunButter &amp; Grape Fruit Spread Sandwich on WW Bread</b> <b>Lunch Alt: Chicken Fingers</b>	<b>October 28</b> <b>Chicken Nuggets</b> Potato Wedges Ketchup Fruit Cocktail Milk <b>Veggie Patty on Wheat Bread</b> <b>Lunch Alt: Turkey &amp; Cheese Sandwich</b>	<b>October 29</b> <b>Pizza Bagel</b> <b>WG Bagel w/ Marinara Sauce &amp; Mozzarella Cheese</b> Carrot Sticks Ranch Dressing Fruit Milk <b>Lunch Alt: Chicken Fingers</b>
<b>November 1</b> <b>Hamburger w/ American Cheese</b> WG Sandwich Roll Tator Tots Fruit Milk <b>Veggie Burger</b> <b>Lunch Alt: Chicken Fingers</b>	<b>November 2</b> <b>Mac and Cheese w/ WG Pasta</b> Cooked Broccoli Fruit Milk <b>Lunch Alt: Turkey &amp; Cheese Sandwich</b>	<b>November 3</b> <b>Turkey Ham &amp; Cheese Sandwich</b> WG Sandwich Roll Tomato/Cucumber Salad Fruit Milk <b>SunButter &amp; Grape Fruit Spread Sandwich on WW Bread</b> <b>Lunch Alt: Chicken Fingers</b>	<b>November 4</b> <b>Beef BBQ</b> WG Sandwich Roll Corn & Black Bean Salad Fruit Milk <b>Veggie Patty on Wheat Bread</b> <b>Lunch Alt: Turkey &amp; Cheese Sandwich</b>	<b>November 5</b> <b>Pizza Bagel</b> <b>WG Bagel w/ Marinara Sauce &amp; Mozzarella Cheese</b> Carrot Sticks Ranch Dressing Fruit Milk <b>Lunch Alt: Chicken Fingers</b>