



**Lunch Menu
9-12th Grade
October 2022**

This institution is an equal opportunity provider.

Serving Sizes are as follows:

9th – 12th Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>October 3 Meatballs in Marinara Sauce on WG Hoagie Roll Shredded Mozzarella Cheese Green Beans Fruit Milk Goldfish Pretzels Veggie Meatballs</p>	<p>October 4 Chicken Taco w/ Shredded Cheddar Cheese Lettuce Corn WG Flour Tortilla Salsa Fruit Milk Bean Taco NATIONAL TACO DAY</p>	<p>October 5 Turkey Ham & Cheddar Cheese on WG Bun Baby Carrots Chic peas Fruit Mayo Milk Goldfish Crackers Cheese sandwich on WG Bun</p>	<p>October 6 Roast Turkey w/ Gravy Whole Wheat Bread Corn Fruit Butter Milk Lentil BBQ</p>	<p>October 7 Shepherd's Pie (ground beef, mashed potatoes, peas, gravy) Dinner Roll Fruit Milk Lentil Pie</p>
<p>October 10 Hamburger Sliced Cheddar Cheese WG Sandwich Bun Sweet Potato Fries Fruit Milk Veggie Patty on Wheat Bread</p>	<p>October 11 WG Chicken Tenders Mashed Potatoes Dinner Roll Fruit Honey Mustard Milk Veggie Nuggets</p>	<p>October 12 Turkey & Cheese Sandwich Whole Grain Sandwich Roll Celery Sticks (Diced Tomatoes) Chic Peas Fruit Lite Ranch Dressing Milk Egg Salad Sandwich on WG Roll</p>	<p>October 13 Swedish Meatballs WG Pasta w/ Butter Green Beans Fruit Milk Veggie Meatballs</p>	<p>October 14 BBQ Chicken & Cheese Wrap on WG Flour Tortilla Carrot Sticks Chic Peas Fruit Milk Tofu BBQ</p>
<p>October 17 Turkey Sausage WG French Toast String Cheese Breakfast Potatoes Fruit Milk Veggie Sausage</p>	<p>October 18 Taco Beef Brown Rice Corn & Black Bean Salad Shredded Cheddar Cheese Fruit Milk Bean Burrito</p>	<p>October 19 Grilled Chicken Romaine Lettuce w/ Parmesan Cheese WG Dinner Roll w/ Butter Caesar Dressing Fruit Milk Edamame</p>	<p>October 20 Baked Ziti w/ Grilled Chicken <i>(WG Pasta w/ tomato sauce and mozz cheese)</i> Green Beans Fruit Milk Veggie Meat Ball Parm</p>	<p>October 21 Turkey & Cheese on WW Bread Mayonnaise Baby Carrots Chic Peas Ranch Dressing Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread</p>
<p>October 24 Chicken Patty Sandwich WG Sandwich Roll Sweet Potato Fries Fruit Milk Veggie Burger</p>	<p>October 25 Mac & Cheese w/ WG Pasta Peas & Carrots Dinner Roll Fruit Milk</p>	<p>October 26 Turkey and Cheddar Cheese Chef Salad Romaine Lettuce w/ Tomato & Cucumbers Ranch Dressing WG Dinner Roll w/ Butter Fruit Milk Edamame</p>	<p>October 27 Beef Chili Baked Potato Shredded Cheddar Cheese Dinner Roll Fruit Milk Bean Chili NATIONAL POTATO DAY</p>	<p>October 28 SunButter & Fruit Spread Sandwich on WW Bread Carrot and Celery Sticks Ranch Dressing Fruit Milk</p>
<p>October 31 Turkey Ham Steak Whole Wheat Bread Peas & Carrots Fruit Milk Veggie Burger</p>	<p>November 1 Beef BBQ on WG Bun Potato Wedges Fruit Milk Pretzel Goldfish Veggie Bean BBQ</p>	<p>November 2 Grilled Chicken Garden Salad Carrot Sticks Ranch Dressing WG Dinner Roll Fruit Milk Edamame</p>	<p>November 3 Hamburger Macaroni & Cheese w/ WG Pasta Sweet Potato Fries Green Beans Fruit Milk Mac & Cheese</p>	<p>November 4 Turkey Ranch and Cheddar Cheese Wrap on WG Flour Tortilla Garbanzo Beans Baby Carrots Cheez-it Crackers Fruit Milk Cheese Sandwich</p>

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