

October

LUNCH K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Five Cheese Lasagna (VG) Meatball Sub Crispy Chicken Sandwich (DF) Chicken Salad Sandwich (DF) Mighty Meaty Deli Combo Sandwich Steamed Corn <p>2</p>	<ul style="list-style-type: none"> Baked Mac & Cheese and Chicken Bites Lunch Combo (Hot) Turkey and Cheese Flatbread Sandwich Turkey and Cheddar Sandwich Egg Salad Sandwich (VG) (DF) Baby Carrots <p>3</p>	<ul style="list-style-type: none"> Classic Chicken Parm Pasta Mama's Tamale (Mild Green Chili and Cheese) (VG) Veggie Chef's Salad (VG) Honey Mustard Chicken Wrap Seasoned Garbanzo Beans Baby Carrots <p>4</p>	<ul style="list-style-type: none"> The Revolution Dog (DF) Cheese Pizza with a Whole Grain Crust (VG) Sesame Chicken Wrap (DF) Chicken Caesar Salad Chopped Lettuce and Sliced Tomatoes with Ranch <p>5</p>	<ul style="list-style-type: none"> Chicken Teriyaki with Brown Rice (DF) Pepper Jack Cheeseburger Breakfast for Lunch: Pancakes w/ Omelet (VG) Sunny Sandwich Kit (VG) BBQ Chicken Wrap Chilled, Seasoned Green Beans <p>6</p>
National School Lunch Week				
<ul style="list-style-type: none"> Buffalo Chicken Crunchadilla Uncle Ted's BBQ Chicken Drumstick with Cheesy Rice Egg Salad Sandwich (VG) (DF) Turkey and Cheddar Sandwich Green Peas <p>9</p>	<ul style="list-style-type: none"> Creamy Tomato Curry with Grilled Chicken Firecracker Chicken with Sesame Noodles Chicken Taco Trio Mighty Meaty Deli Combo Sandwich Cheddar Cheese Sandwich (VG) Blanched Broccoli and Edamame <p>10</p>	<ul style="list-style-type: none"> Classic Spaghetti and Meatballs (DF) Baked Mac & Cheese with Chicken Sausage Combo Chicken Salad Sandwich (DF) Sunny Sandwich Kit (VG) Sweet Potatoes <p>11</p>	<ul style="list-style-type: none"> Cheese Pizza with a Whole Grain Crust (VG) Flame Broiled Beef Cheeseburger Turkey and Cheddar Sandwich Southwest Veggie Wrap (VG) Celery Sticks with Ranch <p>12</p>	<ul style="list-style-type: none"> Chicken Enchiladas Chicken Bites (DF) Veggie Taco Salad (VG) Chicken Caesar Wrap Braised Greens <p>13</p>
<ul style="list-style-type: none"> Italian "Sausage" Calzoni (VG) BBQ Chicken with Cheesy Rice Mighty Meaty Deli Combo Sandwich Sunny Sandwich Kit (VG) Baby Carrots <p>16</p>	<ul style="list-style-type: none"> Chili Citrus Drumstick with Rice (DF) Bean and Cheese Quesadilla (VG) Cheddar Cheese Sandwich (VG) Turkey and Cheddar Sandwich Blanched Broccoli and Edamame <p>17</p>	<ul style="list-style-type: none"> General Tso's Chicken Hawaiian Meatballs with Island Style Rice Lone Star BBQ Chicken Sandwich Southwest Veggie Wrap (VG) Chicken Salad Sandwich (DF) <p>18</p>	<ul style="list-style-type: none"> The Revolution Dog (DF) Oven Roasted Chicken Sandwich (DF) Sloppy Joe (DF) Chicken Caesar Wrap Veggie Chef's Salad (VG) Chopped Lettuce and Sliced Tomatoes with Ranch <p>19</p>	<ul style="list-style-type: none"> Pasta with Zesty Beef BBQ Meatballs with Cheesy Rice Sesame Chicken Salad Egg Salad Sandwich Chilled Seasoned Green Beans <p>20</p>
<ul style="list-style-type: none"> (Hot) Turkey and Cheese Flatbread Sandwich Chicken Bites (DF) Turkey and Cheddar Sandwich Egg Salad Sandwich (VG) (DF) Steamed Corn <p>23</p>	<ul style="list-style-type: none"> Cheesy Ravioli (VG) Kickin' Chicken Melt Sandwich Baked Mac & Cheese and BBQ Chicken Lunch Combo Chillin' Chinese Chicken Noodles Chicken Salad Sandwich (DF) Chilled, Seasoned Green Beans <p>24</p>	<ul style="list-style-type: none"> Meatball Sub Sweet Garlic Noodles with Chicken Thigh Mighty Meaty Deli Combo Sandwich Cheddar Cheese Sandwich (VG) Edamame with Grape Tomatoes <p>25</p>	<ul style="list-style-type: none"> Flame Broiled Beef Cheeseburger Southern BBQ Chicken Sandwich Veggie Taco Salad (VG) Santa Fe Chile Chicken and Black Bean Wrap Chopped Lettuce and Sliced Tomatoes with Ranch <p>26</p>	<ul style="list-style-type: none"> Buffalo Chicken Pizza Mama's Tamale (Red Chile Chicken) (DF) BBQ Chicken Wrap Hummus Dippers (VG) Sweet Potatoes <p>27</p>
<ul style="list-style-type: none"> Chicken Potstickers (DF) Chicken Enchiladas Cheddar Cheese Sandwich (VG) Turkey and Cheddar Sandwich Chilled, Seasoned Green Beans <p>30</p>	<ul style="list-style-type: none"> Lone Star BBQ Chicken Sandwich Breakfast for Lunch: Pancakes w/ Sausage Sunny Sandwich Kit (VG) Mighty Meaty Deli Combo Sandwich Baby Carrots <p>31</p>			

celebrate national school lunch week!

October 9-13 is National School Lunch Week, and we're celebrating with an all-star menu of all your favorite meals!

Stop by the lunchroom and try something new!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

