



October 2024

Elementary Schools | LUNCH MENU

Daily Offerings:

PB&J Sandwich

1% Chocolate or White Milk

Seasonal Fresh Fruit and Veggies

Powering potential.

MON	TUES	WED	THURS	FRI
	Mac and Cheese ¹ Pizza Flatbread Kit <hr/> Fresh Red Pepper Strips Diced Pears	Chicken Dumplings with Rice ² Pizza Flatbread Kit <hr/> Fresh Celery Sticks Diced Peaches	French Toast Sticks and Sausage ³ Pizza Flatbread Kit <hr/> Wango Mango Juice Apple Slices	Cheese Pizza ⁴ Pizza Flatbread Kit <hr/> Fresh Carrots Fresh Bananas
Mini Chicken Corn Dog ⁷ Turkey and American Sub <hr/> Fresh Cold Broccoli Diced Mixed Fruit	Nachos ⁸ Turkey and American Sub <hr/> Refried Beans Applesauce	Popcorn Chicken Bowl ⁹ Turkey and American Sub <hr/> Fresh Cucumber Slices Diced Peaches	BBQ Chicken Sandwich ¹⁰ Turkey and American Sub <hr/> Fresh Carrots Fresh Oranges	Bosco Sticks ¹¹ Turkey and American Sub <hr/> Fresh Mixed Veggies Fresh Bananas
Soft Tacos ¹⁴ Chicken Ham Sub <hr/> Salsa Cups Diced Mixed Fruit	Pizza Crunchers ¹⁵ Chicken Ham Sub <hr/> Fresh Pepper Strips Diced Pears	Pancake Bites ¹⁶ Turkey Sausage Patty Chicken Ham Sub <hr/> Fresh Celery Sticks Diced Peaches	Chicken Nugget Bowl ¹⁷ Chicken Ham Sub <hr/> Fresh Corn Fresh Banana	¹⁸ Teacher In Service No Classes
Popcorn Chicken ²¹ Pretzel Pack <hr/> Steamed Broccoli Diced Mixed Fruit	Signature Chicken Patty Sandwich ²² Pretzel Pack <hr/> Baked Beans Apple Slices	Pasta and Beef Meatballs ²³ Pretzel Pack <hr/> Red Pepper Strips Diced Peaches	Waffles with Turkey Sausage ²⁴ Pretzel Pack <hr/> Wango Mango Juice Applesauce	Bosco Sticks ²⁵ Pretzel Pack <hr/> Fresh Cucumbers Fresh Bananas
Fish Bites ²⁸ Yellow Rice Muffin Pack <hr/> French Cold Broccoli Diced Mixed Fruit	Chicken Tenders ²⁹ Muffin Pack <hr/> French Fries Diced Peaches	Cheese Quesadilla ³⁰ Muffin Pack <hr/> Salsa Cups Diced Peaches	Bacon Cheeseburger ³¹ Muffin Pack <hr/> Fresh Carrots Fresh Apples	

Menus are subject to change.



- A Complete Lunch **MUST** Include 3 out of the 5 Components:
- Bread/Grain
 - Meat/Meat Alternative
 - Milk
 - Fruit
 - Vegetable

- All Lunches Must Include Choice of:
- Fruits and/or Vegetable
- And May Include:
- 1% Low-Fat Milk



This institution is an equal opportunity provider.



October 2024

Middle School and High School | LUNCH MENU

Daily Offerings:

- PB&J Sandwich
- Cheeseburger
- Crispy Chicken Sandwich
- 1% Chocolate or White Milk
- Seasonal Fresh Fruit and Veggies

Powering potential.

MON	TUES	WED	THURS	FRI
	Chicken Soft Tacos ¹ Popcorn Chicken Salad Hummus Plate <hr/> Fresh Red Pepper Strips Diced Pears	Chicken Dumplings with Rice ² Popcorn Chicken Salad Hummus Plate <hr/> Fresh Celery Sticks Diced Peaches	French Toast Sticks and Sausage ³ Popcorn Chicken Salad Hummus Plate <hr/> Wango Mango Juice Apple Slices	Cheese or Pepperoni Pizza ⁴ Popcorn Chicken Salad Hummus Plate <hr/> Side Spinach Salad Fresh Bananas
Mini Chicken Corn Dog ⁷ Mac and Cheese Greek Salad Pizza Flatbread Kit <hr/> French Fries Diced Mixed Fruit	Popcorn Chicken Bowl ⁸ Greek Salad Pizza Flatbread Kit <hr/> Fresh Cucumber Slices Diced Peaches	Nachos ⁹ Greek Salad Pizza Flatbread Kit <hr/> Refried Beans Applesauce	BBQ Chicken Sandwich ¹⁰ Greek Salad Pizza Flatbread Kit <hr/> Fresh Carrots Fresh Oranges	Cheese or Pepperoni Pizza ¹¹ Greek Salad Pizza Flatbread Kit <hr/> Mixed Veggies Fresh Bananas
Meatball Subs ¹⁴ Turkey American Sandwich Popcorn Chicken Salad <hr/> Black Beans Diced Mixed Fruit	Pizza Crunchers ¹⁵ Turkey American Sandwich Popcorn Chicken Salad <hr/> Fresh Pepper Strips Diced Pears	Pancake Bites ¹⁶ Scrambled Eggs Turkey American Sandwich Popcorn Chicken Salad <hr/> Fresh Celery Sticks Fresh Pears	Thai Chicken Bowl ¹⁷ Turkey American Sandwich Popcorn Chicken Salad <hr/> Fresh Corn Fresh Banana	¹⁸ Teacher In Service No Classes
Popcorn Chicken with Lo Mein ²¹ Chef Egg Salad Hummus Plate <hr/> Steamed Broccoli Diced Mixed Fruit	Signature Chicken Patty Sandwich ²² Chef Egg Salad Hummus Plate <hr/> Baked Beans Fresh Apples	Pasta and Beef Meatballs ²³ Chef Egg Salad Hummus Plate <hr/> Green Beans Fresh Peaches	Waffles with Turkey Sausage ²⁴ Chef Egg Salad Hummus Plate <hr/> Wango Mango Juice Applesauce	Cheese or Pepperoni Pizza ²⁵ Chef Egg Salad Hummus Plate <hr/> Fresh Cucumbers Fresh Bananas
Fish Bites with Yellow Rice ²⁸ Buffalo Chicken Wrap Turkey Chef Salad <hr/> French Fries Diced Mixed Fruit	Chicken Pam Sandwich ²⁹ Buffalo Chicken Wrap Turkey Chef Salad <hr/> Fresh Broccoli Diced Peaches	Walking Taco ³⁰ Buffalo Chicken Wrap Turkey Chef Salad <hr/> Kickin' Pinto Beans Diced Peaches	Chicken Bowl ³¹ Buffalo Chicken Wrap Turkey Chef Salad <hr/> Fresh Carrots Fresh Apples	

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 -Bread/Grain
 -Meat/Meat Alternative
 -Milk
 -Fruit
 -Vegetable

All Lunches Must Include Choice of:
 Fruits and/or
 Vegetable
 And May Include:
 1% Low-Fat Milk



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