

October

Lunch

2023

MENU SUBJECT TO CHANGE – Production records will show the changes.

"This institution is an equal opportunity provider."

Serving sizes & items will vary by age group. Productions records will show this change.

Calorie limit for K-8 = 600-700

Calorie limit for 9-12 = 750-850

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
BBQ Chicken on Whole Wheat Bun, Tater Tots, Corn, Tropical Fruit	Ham, Au Gratin Potatoes, WG Bun, Green Beans, 100% Juice Cup	WG Corn Dog, Baked Beans, Green Salad w/ Low Fat Dressing, Carrots, Bananas **CONTAINS EGG	WG Chicken Nuggets, Mashed potatoes and gravy, Broccoli, WG Bun, Juice cups, Oranges, CLDC/Dtree	Pizza Stick Dunkers with marinara sauce, Green Salad w/ low fat dressing, Apple Sauce No DTree
9	10	11	12	13
Whole Grain Baked Penne w/ Tomato Meat Sauce, WG Breadstick, Green Salad w/ Low Fat Dressing, Apples or Slices	WG Chicken Patty, WG Bun, Mashed Potatoes, Gravy, Carrots, 100 % Juice Cup	Chicken Tacos, Cheese, Lettuce, Salsa, Black Beans, Tortilla Chips, Bananas	WG Macaroni and Cheese, Green Beans, WG Bun, Juice cups, Oranges, CLDC/Dtree **CONTAINS EGG	Sausage, WG French Toast Sticks, Tater Tots, Pears No DTree **CONTAINS EGG
16	17	18	19	20
Chicken, Alfredo Sauce, Whole Grain Pasta, Whole Grain Bread Stick, Carrots, Apples or Apple Slices	Hamburger Gravy, Mashed Potatoes, Peas, WG Roll, 100% Juice Cup	Cheese Pizza on WG crust, Green Salad w/ low fat dressing, Corn, Bananas	Turkey Hot Dog, WG Bun, Tater Tots, Broccoli, Juice cups, Oranges, CLDC/Dtree No Hope, St. Martin's, Rollingstone	Cheeseburger on WG Bun, Green Salad w/ Baby Carrots and Low-Fat Dressing, French Fries, Apple Sauce No DTree, Hope, St. Martin's Rollingstone
23	24	25	26	27
BBQ Chicken on Whole Wheat Bun, Tater Tots, Corn, Tropical Fruit	Ham, Au Gratin Potatoes, WG Bun, Green Beans, 100% Juice Cup	WG Corn Dog, Baked Beans, Green Salad w/ Low Fat Dressing, Carrots, Bananas **CONTAINS EGG	WG Chicken Nuggets, Mashed potatoes and gravy, Broccoli, WG Bun, Juice cups, Oranges, CLDC/Dtree	Pizza Stick Dunkers with marinara sauce, Green Salad w/ low fat dressing, Apple Sauce No DTree
30	31	November 1	November 2	November 3
Whole Grain Baked Penne w/ Tomato Meat Sauce, WG Breadstick, Green Salad w/ Low Fat Dressing, Apples or Slices	WG Chicken Patty, WG Bun, Mashed Potatoes, Gravy, Carrots, 100 % Juice Cup	Beef Tacos, Cheese, Lettuce, Salsa, Black Beans, Tortilla Chips, Bananas	WG Macaroni and Cheese, Green Beans, WG Bun, Juice cups, Oranges, CLDC/Dtree **CONTAINS EGG	Sausage, WG French Toast Sticks, Tater Tots, Pears No DTree **CONTAINS EGG