



A Nourished Student is a Learning Student!

This institution is an equal opportunity provider.

Su	Mon	Tue	Wed	Thu	Fri	Sat
	2 BBQ Beef Rib Patty on a Whole Wheat Bun 1/4 cup Seasoned Carrots 1/4 cup Mandarin Oranges	3 Whole Grain Breaded Chicken Tenders 1/4 cup Seasoned Broccoli 1/4 cup Diced Pears	4 1 Eggo Whole Grain Pancake 1 Turkey Sausage 1/4 cup Roasted Redskin Potatoes 1 Fresh Banana	5 Inside Out Burger on a Whole Grain Bun 1/4 cup Vegetarian Baked Beans 1/4 cup Diced Peaches	6 No School	
	9 No School	10 8oz Whole Grain Rotini Pasta Bake with Meat Sauce 1/4 cup Seasoned Broccoli 1/4 cup Mixed Fruit	11 2oz Reduced Fat Taco Meat and 1oz Shredded Cheddar Cheese 1 Whole Grain Tortilla Shell 1/4 cup Refried Beans 1/4 cup Salsa 1 Strawberry Cup	12 2.5 oz Tangerine Chicken 1/4 cup Vegetable Fried Rice 1/4 cup Far East Vegetable Blend 1/4 cup Diced Peaches	13 Cold Tasty Brands Pizza Lunch Kit (Whole Grain Flat Bread , Cheese, & Marinara Sauce) 1 Bag Baby Carrots 1 Bag Apple Slices	
	16 5 Whole Grain Mini Chicken Corn Dogs 1/4 cup Seasoned Corn 1/4 cup Pumpkin Pudding	17 6oz Reduced Fat Macaroni & Cheese 1/4 cup Seasoned Broccoli 1/4 cup Cinnamon Applesauce	18 4 Beef Dippers 1 Whole Grain Dinner Roll 1/4 cup Whipped Sweet Potatoes 1 Fresh Banana	19 Sloppy Joes On a Whole Wheat Bun 1/4 cup Edamame Corn Salad 1/4 cup Diced Peaches	20 1 Smoked Turkey Breast Stick 1 bag Colby Cheese Cubes 1 bag Whole Grain Goldfish Crackers 1 bag Cherry Tomatoes 1 Bag Fresh Apple Slices	
	23 Hamburger On a Whole Wheat Bun 1/4 cup Vegetarian Baked Beans 1/4 cup Mandarin Oranges	24 Whole Grain Bean & Cheese Burrito 1/4 cup Corn with Peppers 1/4 cup Salsa 1/4 cup Diced Peaches	25 Chicken Parmesan 1 Whole Grain Roll 1/4 cup Seasoned Broccoli 1/4 cup Spiced Pears	26 Salisbury Steak 1/4 cup Mashed Potatoes and 2oz of Low Sodium Gravy 1/4 cup Mixed Fruit Cup Whole Grain Garlic Twiz Stick	27 No School	
	30 BBQ Beef Rib Patty on a Whole Wheat Bun 1/4 cup Seasoned Carrots 1/4 cup Mandarin Oranges	31 Happy Halloween Whole Grain Breaded Chicken Tenders 1/4 cup Seasoned Broccoli 1/4 cup Diced Pears				



1% WHITE MILK INCLUDED WITH LUNCH

IMPORTANT!

Due to nationwide food shortages and supply chain issues, menus are subject to change depending on availability.

