



**A complete lunch MUST consist of at least 3 separate items offered that day, from at least 3 of the 5 food components. One of which MUST be fruit or veggie.**  
**\*\* Other A La Carte items offered daily \*\***



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.  
 \*\* USDA is an equal opportunity employer & provider \*\*  
 \*\* Manager Reserves the right to substitute due to food availability \*\*



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Meatloaf  
 Or  
 Chicken Breast Roll  
 Mac & Cheese  
 Steamed Broccoli  
 French Fries  
 Strawberries **2**

Pizza Hut Pizza  
 Or  
 Beef Fingers Roll  
 Mashed Potatoes  
 Glazed Carrots  
 Baked Beans  
 Rainbow Applesauce **3**

Frito Taco Salad  
 Or  
 Chicken Breast w/Bun  
 Spanish Rice  
 Mexican Corn  
 Spicy Pintos  
 SideKick Fruit Slush  
 Fresh Fruit **4**

Pizza Hut Pizza  
 Or  
 Rotini w/Cheezy Breadstick  
 Side Salad  
 Corn Cob  
 Tater Wedges  
 Orange Wedges **5**

Pork BBQ Sandwich  
 Or  
 Cheeseburger  
 French Fries  
 Sliced Cucumbers  
 Coleslaw  
 Apple **6**

**Fall Break** **9**

**Fall Break** **10**

**Fall Break** **11**

**Fall Break** **12**

**Fall Break** **13**

Pizza Crunchers  
 Or  
 Popcorn Chicken  
 Side Salad  
 Green Beans  
 Sweet Buttered Corn  
 Mixed Fruit **16**

Pizza Hut Pizza  
 Or  
 Chicken Drumsticks w/roll  
 Steamed Broccoli w/chz  
 Baked Beans  
 Veggie Tray  
 Apple Wedges **17**

Meatball Sub/Bowl  
 Or  
 Cheese Quesadilla  
 Pinto Beans  
 Stir Fry Italian Veggies  
 French Fries  
 Grapes **18**

Pizza Hut Pizza  
 Or  
 BBQ Baked Potato w/roll  
 Side Salad  
 Roasted Bell Peppers  
 Buttered Squash  
 Pineapple **19**

Chicken & Waffles  
 Or  
 Pancake Sausage Stick  
 Tator Tots  
 Tomato Wedges  
 Yogurt  
 Fresh Melon **20**

Salisbury Steak w/Gravy  
 Or  
 Country Fried Pork Chop  
 Cornbread  
 Pinto Beans  
 California Veggies  
 Rosy Pears **23**

Pizza Hut Pizza  
 Or  
 Mini Corn Dogs  
 Potato Wedges  
 Side Salad  
 Veggie Tray  
 SideKick Fruit Slush/Fresh Fruit **24**

Spaghetti  
 Or  
 Chicken Chunks  
 Garlic Bread  
 Baked Potato w/trimmings  
 Peas & Carrots  
 Grapes **25**

Pizza Hut Pizza  
 Or  
 Hot Dog w/Bun  
 Green Beans  
 Tomato Wedges  
 French Fries  
 Mixed Fruit **26**

Hamburger w/Bun  
 Or  
 Bean Burrito  
 Lettuce & Tomato Tray  
 Corn Cob, French Fries  
 Sliced Cucumbers  
 Orange Wedges **27**

Meatloaf  
 Or  
 Chicken Breast Roll  
 Mac & Cheese  
 Steamed Broccoli  
 French Fries  
 Strawberries **30**

Pizza Hut Pizza  
 Or  
 Beef Fingers Roll  
 Mashed Potatoes  
 Glazed Carrots  
 Baked Beans  
 Rainbow Applesauce **31**

