



**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.**



**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

Chicken Breast w/Roll Or  
 Turkey & Cheese Wrap  
 Mac & Cheese  
 Steamed Broccoli  
 Buttered Corn  
 Strawberries **2**

### Tuesday

Chicken Chunks w/ Roll Or  
 Goldfish Ham & Chz Sandwich  
 Mashed Potatoes  
 Glazed Carrots  
 Baked Beans  
 Rainbow Applesauce **3**

### Wednesday

Frito Taco Or  
 Turkey & Cheese Sub  
 Salad  
 Mexican Corn  
 Spicy Pintos  
 SideKick Fruit Slush **4**

### Thursday

Stuffed Crust Chz Pizza Or  
 Grilled Cheese  
 Side Salad  
 Corn Cob  
 Tator Tots  
 Orange Wedges **5**

### Friday

BBQ Pork Sandwich Or  
 Ham & Cheese Sandwich  
 Sliced Cucumbers  
 French Fries  
 Coleslaw  
 Banana **6**

Fall Break **9**

Fall Break **10**

Fall Break **11**

Fall Break **12**

Fall Break **13**

Pizza Crunchers w/Marinara Or  
 Ham & Cheese Sandwich  
 Side Salad  
 Green Beans  
 Sweet Buttered Corn  
 Mixed Fruit **16**

Chicken Drumstick w/roll Or  
 Turkey & Cheese Sandwich  
 Steamed Broccoli w/ chz  
 Baked Beans  
 Veggie Tray  
 Apple Wedges **17**

Meatball Sub/Bowl Or  
 Chicken Salad Sandwich  
 Pinto Beans  
 Stir Fry Italian Veggies  
 Buttered Squash  
 Grapes **18**

BBQ Baked Potato w/Roll Or  
 Grilled Cheese  
 Side Salad  
 Roasted Bell Peppers  
 Pineapple **19**

Pancake Sausage Stick Or  
 Ham & Cheese Sub  
 Tator Tots  
 Tomato Wedges  
 Yogurt  
 Fresh Melon **20**

Salisbury Steak w/Gravy Or  
 Goldfish Turkey & Chz Sandwich  
 Cornbread  
 Pinto Beans  
 California Veggies  
 Rosy Pears **23**

Pepperoni Pizza Or  
 Grilled Cheese  
 Potato Wedges  
 Side Salad  
 Veggie Tray  
 SideKick Fruit Slush **24**

Spaghetti w/Garlic Bread Or  
 Ham & Cheese Sub  
 Baked Potato w/Trimings  
 Peas & Carrots  
 Banana **25**

Hot Dog on Bun Or  
 Turkey & Cheese Wrap  
 Green Beans  
 Curly Seasoned Fries  
 Tomato Wedges  
 Mixed Fruit **26**

Hamburger w/Bun Or  
 Ham & Cheese Sub  
 Lettuce & Tomato Tray  
 Sliced Cucumbers  
 Corn Cob  
 Orange Wedges **27**

Chicken Breast w/Roll Or  
 Turkey & Cheese Wrap  
 Mac & Cheese  
 Steamed Broccoli  
 Buttered Corn  
 Strawberries **30**

Chicken Chunks w/ Roll Or  
 Goldfish Ham & Chz Sandwich  
 Mashed Potatoes  
 Glazed Carrots  
 Baked Beans  
 Rainbow Applesauce **31**

