



School Information:

Student lunch: \$2.45
Adult lunch: \$3.50



Nutrition Tip: October 2nd – 6th is Virginia Farm to School Week! We will be offering tasty, local foods. October 9th – 13th is National Lunch Week. Come see what good surprises we'll have.



Monday

Soft shell Tacos with L&T **2**
PB&J Sandwich
Baked Potato
Salads Cobb or Chicken Caesar
Refried Beans & Tomatoes
Fresh Fruit or Canned Fruit
Juice

Bacon, Cheese Burgers **9**
PB&J Sandwich
Baked Potato
Salads Cobb or Chicken Caesar
Fry's & Broccoli
Fresh Fruit or Canned Fruit
Juice

Tacos / Chips 16
PB&J Sandwich
Baked Potato
Salads Cobb or Chicken Caesar
Refried Beans & Carrots
Fresh Fruit or Canned Fruit
Juice

Mushroom ,Swiss Burgers 23
PB&J Sandwich
Baked Potato
Salads Cobb or Chicken Caesar
Mashed Potato & Broccoli
Fresh Fruit or Canned Fruit
Juice

Hot Ham & Cheese Sandwich 30
PB&J Sandwich
Baked Potato
Salads Cobb or Chicken Caesar
Fry's & Broccoli
Fresh Fruit or Canned Fruit
Juice

Tuesday

Local BEEF PATTY **3**
PB&J Sandwich
Baked Potato
Salads Cobb or Chicken Caesar
LOCAL VEG'S
LOCAL Fresh Fruit or
Canned Fruit
Juice

Chicken Alfredo 10
PB&J Sandwich
Baked Potato
Salads Cobb or Chicken Caesar
Carrots & Peas
Fresh Fruit or Canned Fruit
Juice

Oven Baked Chicken/Roll 17
PB&J Sandwich
Baked Potato
Salads Cobb or Chicken Caesar
Corn & Broccoli
Fresh Fruit or Canned Fruit
Juice

Stir Fry /Rice 24
PB&J Sandwich
Baked Potato
Salads Cobb or Chicken Caesar
Carrots & Peas
Fresh Fruit or Canned Fruit
Juice

Spaghetti /Meat Sauce 31
PB&J Sandwich
Baked Potato
Salads Cobb or Chicken Caesar
Romaine Salad & Peas
Fresh Fruit or Canned Fruit
Juice

Wednesday

Fish Sandwich **4**
PB&J Sandwich
Baked Potato
Salads Cobb or Chicken Caesar
Local Swiss Chard & Corn
Fresh Fruit or Canned Fruit
Juice

Chili /Roll 11
PB&J Sandwich
Baked Potato
Salads Cobb or Chicken Caesar
Stewed Tomato & Romaine Salad
Fresh Fruit or Canned Fruit
Juice

Tomato Soup /Grilled Cheese 18
PB&J Sandwich
Baked Potato
Salads Cobb or Chicken Caesar
Carrots & Romaine Salad
Fresh Fruit or Canned Fruit
Juice

Calzones 25
PB&J Sandwich
Salads Cobb or Chicken Caesar
Broccoli & Black Beans Salad
Fresh Fruit or Canned Fruit
Juice
Half Day



Thursday

NO SCHOOL **5**
PT CONFERENCES

Pork BBQ 12
PB&J Sandwich
Baked Potato
Salads Cobb or Chicken Caesar
Baked Beans & Cole Slaw
Fresh Fruit or Canned Fruit
Juice

Hot Turkey Sandwich 19
PB&J Sandwich
Baked Potato
Salads Cobb or Chicken Caesar
Green Beans & Sweet Potato
Fresh Fruit or Canned Fruit
Juice

Beef Mac / Roll 26
PB&J Sandwich
Baked Potato
Salads Cobb or Chicken Caesar
Stewed Tomato & Spinach Salad
Fresh Fruit or Canned Fruit
Juice

Friday

Chicken Nuggets /Roll **6**
PB&J Sandwich
Baked Potato
Salads Cobb or Chicken Caesar
Fresh Veg 's &
Baked Apple/ Sweet Potato
Fresh Fruit or Canned Fruit
Juice

Chicken Patty 13
PB&J Sandwich
Baked Potato
Salads Cobb or Chicken Caesar
Broccoli Salad & Sweet Potatoes
Fresh Fruit or Canned Fruit
Juice

Chicken Nuggets / Roll 20
PB&J Sandwich
Baked Potato
Salads Cobb or Chicken Caesar
Carrots & Broccoli
Fresh Fruit or Canned Fruit
Juice

Chicken Patty 27
PB&J Sandwich
Baked Potato
Salads Cobb or Chicken Caesar
Sweet Potato & Corn
Fresh Fruit or Canned Fruit
Juice



"This institution is an equal opportunity provider and employer."