


# October 2024 Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Boneless Wings & Biscuit BBQ Meatball Sub	2 Chicken Alfredo Penne Chicken Philly Cheesesteak Sandwich	3 Spaghetti & Meatballs Mini Pizza Bagels	4 11:15 AM Dismissal Cheese Pizza Pepperoni Pizza Hamburger on a	5
6	7 Beef Tacos Penne Alfredo	8 Grilled Cheese Sandwich Mini Chicken Corn Dogs	9 BBQ Pulled Pork Sandwich Rotini Marinara & Meatballs	10 Macaroni & Cheese Boneless Wings & Biscuit	11 <b>NO SCHOOL</b>	12
13	14 Popcorn Chicken Cheesy Spaghetti Marinara	15 Philly Cheesesteak Sandwich Chicken Noodle Soup	16 Cheesy Beef Nachos Hamburger on a Bun	17 Chicken Tenders Spaghetti & Meatballs	18 French Bread Cheese Pizza Breaded Chicken Breast Patty	19
20	21 Cheeseburger on a Bun Chicken Corn Dog	22 Meatball Bowl BBQ Chicken Sandwich	23 Soft Pretzel & Cheese Sauce All Beef Hot Dog	24 Chicken Nuggets Grilled Cheese Sandwich	25 Cheese Pizza Pepperoni Pizza Hamburger on a Bun	26
27	28 Chicken Pot Pie BBQ Chicken Pizza	29 Beef Chili Mac Cheeseburger on a Bun	30 Chicken Fajita Tacos Cheese Quesadilla	31 1:00 PM DISMISSAL Chicken Tenders BBQ Meatball Sub		



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Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
Entrée 1 (Pick 1)	Entrée 1 (Pick 1)	Entrée 1 (Pick 1)	Entrée 1 (Pick 1)	Entrée 1 (Pick 1)
<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>
Sloppy Joe Sandwich	Boneless Wings & Biscuit	Chicken Alfredo Penne	Spaghetti & Meatballs	Cheese Pizza
Soft Pretzel & Cheese Sauce	BBQ Meatball Sub	Sandwich Chicken Philly Cheesesteak	Mini Pizza Bagels	Pepperoni Pizza
Turkey & Cheese Sub	Turkey & Cheese Sub	Turkey & Cheese Sub	Turkey & Cheese Sub	Hamburger on Bun
Chef Salad	Chef Salad	Chef Salad	Chef Salad	Turkey & Cheese Sub
Sunbutter & Grape Jelly Sandwich	Crispy Chicken Garden Salad	Crispy Chicken Garden Salad	Sunbutter & Grape Jelly Sandwich	Chef Salad
	Sunbutter & Grape Jelly Sandwich		Crispy Chicken Garden Salad	Crispy Chicken Garden Salad
<b>MEAT/MEAT ALTERNATE</b>	<b>MEAT/MEAT ALTERNATE</b>	<b>GRAIN</b>	<b>MEAT/MEAT ALTERNATE</b>	<b>MEAT/MEAT ALTERNATE</b>
String Cheese	String Cheese	Dinner Roll	String Cheese	String Cheese
<b>GRAIN</b>			<b>GRAIN</b>	<b>GRAIN</b>
Dinner Roll			Dinner Roll	Dinner Roll
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
<b>VEGETABLE</b>	<b>VEGETABLE</b>	<b>VEGETABLE</b>	<b>VEGETABLE</b>	<b>VEGETABLE</b>
Romaine Lettuce	Romaine Lettuce	Romaine Lettuce	Romaine Lettuce	Romaine Lettuce
Fresh Salsa	Cucumbers	Baby Carrots	Baby Carrots	Baby Carrots
Black Beans		Cherry Tomatoes	Cherry Tomatoes	Cherry Tomatoes
<b>FRUIT</b>	<b>FRUIT</b>	<b>FRUIT</b>	<b>FRUIT</b>	<b>FRUIT</b>
Fresh Banana	Mandarin Oranges	Fresh Green Grapes	Orange Wedges	Fresh Banana
Fresh Apple	Fresh Banana	Fresh Apple	Fresh Apple	Fresh Apple
<b>CONDIMENT</b>				
Sour Cream				
Shared Items	Shared Items	Shared Items	Shared Items	Shared Items
<b>MILK</b>	<b>MILK</b>	<b>MILK</b>	<b>MILK</b>	<b>MILK</b>
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk



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<p><b>7</b></p> <p>Entrée 1 (Pick 1)</p> <p><b>MAIN ENTREE</b></p> <p>Beef Tacos Penne Alfredo Crispy Chicken Garden Salad Chef Salad Turkey &amp; Cheese Sub Sunbutter &amp; Grape Jelly Sandwich</p> <p><b>MEAT/MEAT ALTERNATE</b></p> <p>String Cheese</p> <p><b>GRAIN</b></p> <p>Dinner Roll</p> <p>Salad Bar</p> <p><b>VEGETABLE</b></p> <p>Romaine Lettuce Baby Carrots Cherry Tomatoes</p> <p><b>FRUIT</b></p> <p>Fresh Banana Fresh Apple</p> <p>Shared Items</p> <p><b>VEGETABLE</b></p> <p>Mexican Street Corn</p> <p><b>MILK</b></p> <p>1% Milk Fat Free Chocolate Milk</p>	<p><b>8</b></p> <p>Entrée 1 (Pick 1)</p> <p><b>MAIN ENTREE</b></p> <p>Grilled Cheese Sandwich Mini Chicken Corn Dogs Crispy Chicken Garden Salad Turkey &amp; Cheese Sub Sunbutter &amp; Grape Jelly Sandwich</p> <p><b>MEAT/MEAT ALTERNATE</b></p> <p>String Cheese</p> <p><b>GRAIN</b></p> <p>Dinner Roll</p> <p><b>VEGETABLE</b></p> <p>Tomato Soup</p> <p>Salad Bar</p> <p><b>VEGETABLE</b></p> <p>Romaine Lettuce Baby Carrots Cherry Tomatoes</p> <p><b>FRUIT</b></p> <p>Fresh Banana Fresh Apple</p> <p>Shared Items</p> <p><b>MILK</b></p> <p>1% Milk Fat Free Chocolate Milk</p>	<p><b>9</b></p> <p>Entrée 1 (Pick 1)</p> <p><b>MAIN ENTREE</b></p> <p>BBQ Pulled Pork Sandwich Rotini Marinara &amp; Meatballs Crispy Chicken Garden Salad Turkey &amp; Cheese Sub Sunbutter &amp; Grape Jelly Sandwich</p> <p><b>MEAT/MEAT ALTERNATE</b></p> <p>String Cheese</p> <p><b>GRAIN</b></p> <p>Dinner Roll</p> <p>Salad Bar</p> <p><b>VEGETABLE</b></p> <p>Romaine Lettuce Baby Carrots Cherry Tomatoes</p> <p><b>FRUIT</b></p> <p>Orange Wedges Fresh Banana</p> <p>Shared Items</p> <p><b>MILK</b></p> <p>1% Milk Fat Free Chocolate Milk</p>	<p><b>10</b></p> <p>Entrée 1 (Pick 1)</p> <p><b>MAIN ENTREE</b></p> <p>Macaroni &amp; Cheese Boneless Wings &amp; Biscuit Turkey &amp; Cheese Sub Chef Salad Sunbutter &amp; Grape Jelly Sandwich</p> <p><b>MEAT/MEAT ALTERNATE</b></p> <p>String Cheese</p> <p><b>GRAIN</b></p> <p>Dinner Roll</p> <p>Salad Bar</p> <p><b>VEGETABLE</b></p> <p>Romaine Lettuce Baby Carrots Celery Sticks</p> <p><b>FRUIT</b></p> <p>Mandarin Oranges Fresh Green Grapes</p> <p>Shared Items</p> <p><b>MILK</b></p> <p>1% Milk Fat Free Chocolate Milk</p>	<p><b>11</b></p> <p>Entrée 1 (Pick 1)</p> <p><b>MAIN ENTREE</b></p> <p>Bosco Sticks with Marinara Breaded Chicken Breast Patty Sandwich Turkey &amp; Cheese Sub Chef Salad Sunbutter &amp; Grape Jelly Sandwich</p> <p><b>MEAT/MEAT ALTERNATE</b></p> <p>String Cheese</p> <p><b>GRAIN</b></p> <p>Dinner Roll</p> <p>Salad Bar</p> <p><b>VEGETABLE</b></p> <p>Romaine Lettuce Baby Carrots Garbanzo Beans</p> <p><b>FRUIT</b></p> <p>Orange Wedges Fresh Green Grapes</p> <p>Shared Items</p> <p><b>MILK</b></p> <p>1% Milk Fat Free Chocolate Milk</p>



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Monday	Tuesday	Wednesday	Thursday	Friday
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Entrée 1 (Pick 1)	Entrée 1 (Pick 1)	Entrée 1 (Pick 1)	Entrée 1	Entrée 1 (Pick 1)
<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>
Popcorn Chicken	Philly Cheesesteak Sandwich	Cheesy Beef Nachos	Chicken Tenders	French Bread Cheese Pizza
Cheesy Spaghetti Marinara	Chicken Noodle Soup	Hamburger on Bun	Spaghetti & Meatballs	Breaded Chicken Breast Patty Sandwich
Chef Salad	Turkey & Cheese Sub	Turkey & Cheese Sub	Turkey & Cheese Sub	Turkey & Cheese Sub
Turkey & Cheese Sub	Chef Salad	Chef Salad	Chef Salad	Chef Salad
Sunbutter & Grape Jelly Sandwich	Sunbutter & Grape Jelly Sandwich	Sunbutter & Grape Jelly Sandwich	Sunbutter & Grape Jelly Sandwich	Sunbutter & Grape Jelly Sandwich
Blueberry Yogurt Parfait				
<b>MEAT/MEAT ALTERNATE</b>	<b>MEAT/MEAT ALTERNATE</b>	<b>MEAT/MEAT ALTERNATE</b>	<b>MEAT/MEAT ALTERNATE</b>	<b>MEAT/MEAT ALTERNATE</b>
String Cheese	String Cheese	String Cheese	String Cheese	String Cheese
<b>GRAIN</b>	<b>GRAIN</b>	<b>GRAIN</b>	<b>GRAIN</b>	
Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll	
<b>VEGETABLE</b>				
Mashed Potatoes				
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
<b>VEGETABLE</b>	<b>VEGETABLE</b>	<b>VEGETABLE</b>	<b>VEGETABLE</b>	<b>VEGETABLE</b>
Romaine Lettuce	Romaine Lettuce	Jalapeno Nacho Peppers	Romaine Lettuce	Romaine Lettuce
Baby Carrots	Baby Carrots	Black Beans	Baby Carrots	Baby Carrots
Cherry Tomatoes	Cucumbers	Shredded Lettuce		Cherry Tomatoes
<b>FRUIT</b>	<b>FRUIT</b>	<b>FRUIT</b>	<b>FRUIT</b>	<b>FRUIT</b>
Fresh Apple	Peaches	Mandarin Oranges	Orange Wedges	Orange Wedges
Pineapple Chunks	Apple Slices	Fresh Green Grapes		Fresh Apple
		<b>CONDIMENT</b>		
		Sour Cream		
		Ketchup		
Shared Items	Shared Items	Shared Items	Shared Items	Shared Items
<b>VEGETABLE</b>	<b>VEGETABLE</b>	<b>MILK</b>	<b>MILK</b>	<b>MILK</b>
Mashed Potatoes	Baked Crinkle Fries	1% Milk	1% Milk	1% Milk
Corn Steamed - Sub Recipe		Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk
<b>MILK</b>	<b>MILK</b>		<b>CONDIMENT</b>	
1% Milk	1% Milk		Barbecue Sauce	
Fat Free Chocolate Milk	Fat Free Chocolate Milk		Ketchup	



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>21</p> <p>Entrée 1 (Pick 1)</p> <p><b>MAIN ENTREE</b></p> <p>Cheeseburger on Bun Chicken Corn Dog Turkey &amp; Cheese Sub Crispy Chicken Garden Salad Chef Salad Sunbutter &amp; Grape Jelly Sandwich</p> <p><b>MEAT/MEAT ALTERNATE</b></p> <p>String Cheese</p> <p><b>GRAIN</b></p> <p>Dinner Roll</p> <p>Salad Bar</p> <p><b>VEGETABLE</b></p> <p>Romaine Lettuce Baby Carrots Cherry Tomatoes</p> <p><b>FRUIT</b></p> <p>Fresh Banana Fresh Apple</p> <p>Shared Items</p> <p><b>VEGETABLE</b></p> <p>Baked Crinkle Fries</p> <p><b>MILK</b></p> <p>1% Milk Fat Free Chocolate Milk</p>	<p>22</p> <p>Entrée 1</p> <p><b>MAIN ENTREE</b></p> <p>Meatball Bowl BBQ Chicken Sandwich Crispy Chicken Garden Salad Turkey &amp; Cheese Sub Chef Salad Sunbutter &amp; Grape Jelly Sandwich</p> <p><b>MEAT/MEAT ALTERNATE</b></p> <p>String Cheese</p> <p><b>GRAIN</b></p> <p>Dinner Roll</p> <p>Salad Bar</p> <p><b>VEGETABLE</b></p> <p>Romaine Lettuce Baby Carrots Cherry Tomatoes</p> <p><b>FRUIT</b></p> <p>Fresh Banana Fresh Apple</p> <p>Shared Items</p> <p><b>VEGETABLE</b></p> <p>Mashed Potatoes</p> <p><b>MILK</b></p> <p>1% Milk Fat Free Chocolate Milk</p> <p><b>CONDIMENT</b></p> <p>Brown Gravy, Low Sodium</p>	<p>23</p> <p>Entrée 1 (Pick 1)</p> <p><b>MAIN ENTREE</b></p> <p>Soft Pretzel &amp; Cheese Sauce All Beef Hot Dog Sunbutter &amp; Grape Jelly Sandwich Turkey &amp; Cheese Sub Chef Salad</p> <p><b>MEAT/MEAT ALTERNATE</b></p> <p>String Cheese</p> <p><b>GRAIN</b></p> <p>Dinner Roll</p> <p>Salad Bar</p> <p><b>VEGETABLE</b></p> <p>Romaine Lettuce Baby Carrots Cherry Tomatoes</p> <p><b>FRUIT</b></p> <p>Orange Wedges Fresh Apple</p> <p>Shared Items</p> <p><b>MAIN ENTREE</b></p> <p>Italian Pasta Salad</p> <p><b>MILK</b></p> <p>1% Milk Fat Free Chocolate Milk</p>	<p>24</p> <p>Entrée 1 (Pick 1)</p> <p><b>MAIN ENTREE</b></p> <p>Chicken Nuggets Grilled Cheese Sandwich Crispy Chicken Garden Salad Turkey &amp; Cheese Sub Chef Salad Sunbutter &amp; Grape Jelly Sandwich</p> <p><b>MEAT/MEAT ALTERNATE</b></p> <p>String Cheese</p> <p><b>GRAIN</b></p> <p>Dinner Roll</p> <p>Salad Bar</p> <p><b>VEGETABLE</b></p> <p>Romaine Lettuce Baby Carrots Black Beans</p> <p><b>FRUIT</b></p> <p>Fresh Green Grapes</p> <p>Shared Items</p> <p><b>MILK</b></p> <p>1% Milk Fat Free Chocolate Milk</p>	<p>25</p> <p>Entrée 1 (Pick 1)</p> <p><b>MAIN ENTREE</b></p> <p>Cheese Pizza Pepperoni Pizza Hamburger on Bun Turkey &amp; Cheese Sub Chef Salad Sunbutter &amp; Grape Jelly Sandwich</p> <p><b>MEAT/MEAT ALTERNATE</b></p> <p>String Cheese</p> <p><b>GRAIN</b></p> <p>Dinner Roll</p> <p>Salad Bar</p> <p><b>VEGETABLE</b></p> <p>Romaine Lettuce Baby Carrots Cherry Tomatoes</p> <p><b>FRUIT</b></p> <p>Peaches Fresh Banana</p> <p>Shared Items</p> <p><b>MILK</b></p> <p>1% Milk Fat Free Chocolate Milk</p>



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Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
Entrée 1	Entrée 1 (Pick 1)	Entrée 1 (Pick 1)	Entrée 1 (Pick 1)	
<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>	
Chicken Pot Pie	Beef Chili Mac	Chicken Fajita Tacos	Chicken Tenders	
BBQ Chicken Pizza	Cheeseburger on Bun	Cheese Quesadilla	BBQ Meatball Sub	
Turkey & Cheese Sub	Turkey & Cheese Sub	Turkey & Cheese Sub	Turkey & Cheese Sub	
Chef Salad	Chef Salad	Chef Salad	Chef Salad	
Sunbutter & Grape Jelly Sandwich	Sunbutter & Grape Jelly Sandwich	Sunbutter & Grape Jelly Sandwich	Sunbutter & Grape Jelly Sandwich	
Crispy Chicken Garden Salad	Crispy Chicken Garden Salad	Crispy Chicken Garden Salad		
<b>MEAT/MEAT ALTERNATE</b>	<b>MEAT/MEAT ALTERNATE</b>	<b>MEAT/MEAT ALTERNATE</b>	<b>MEAT/MEAT ALTERNATE</b>	
String Cheese	String Cheese	String Cheese	String Cheese	
	<b>GRAIN</b>	<b>GRAIN</b>	<b>GRAIN</b>	
	Dinner Roll	Dinner Roll	Dinner Roll	
Salad Bar	Salad Bar	Salad Bar	Salad Bar	
<b>VEGETABLE</b>	<b>VEGETABLE</b>	<b>VEGETABLE</b>	<b>VEGETABLE</b>	
Romaine Lettuce	Romaine Lettuce	Romaine Lettuce	Romaine Lettuce	
Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots	
Cherry Tomatoes	Cherry Tomatoes	Fresh Salsa	Cherry Tomatoes	
<b>FRUIT</b>	<b>FRUIT</b>	<b>FRUIT</b>	<b>FRUIT</b>	
Pineapple Chunks	Mandarin Oranges	Peaches	Orange Wedges	
Orange Wedges	Fresh Banana	Fresh Apple		
Shared Items	Shared Items	Shared Items	Shared Items	
<b>VEGETABLE</b>	<b>MILK</b>	<b>MILK</b>	<b>VEGETABLE</b>	
Baked Beans Vegetarian	1% Milk	1% Milk	Baked Crinkle Fries	
<b>MILK</b>	Fat Free Chocolate Milk	Fat Free Chocolate Milk	<b>MILK</b>	
1% Milk		<b>CONDIMENT</b>	1% Milk	
Fat Free Chocolate Milk		Sour Cream	Fat Free Chocolate Milk	