

# October Lunch Menu:

All students will be offered 5 components at lunch: meat/protein, bread/grain, fruit, vegetables, and milk. Students **must** select a ½ cup serving of fruit or vegetable and two other components for lunch. Students may take all 5 components.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Beef</b> <b>Pork</b> <b>Turkey</b> <b>Chicken</b> <b>Vegetarian</b> <b>Fish</b>	<b>1</b> <b>Popcorn Chicken &amp; Cheez Itz</b> <b>Yogurt &amp; Graham Crackers</b> Seasoned Black Beans Romaine Salad Bananas Ranch Dressing Catsup	<b>2</b> <b>Turkey Combo Burritos</b> <b>Yogurt &amp; Graham Crackers</b> Romaine Salad Sliced Cucumbers Grapes Sandwich Spread Ranch Dressing	<b>3</b> <b>Green Chicken Pozole w/Tortilla Chips</b> <b>Yogurt &amp; Graham Crackers</b> Shredded Cabbage Lemon Slices Jicama Sticks Mixed Fruit	<b>4</b> <b>Mac &amp; Cheese w/Roll</b> <b>Yogurt &amp; Graham Crackers</b> Romaine Salad Carrot Sticks Apples Pears Ranch Dressing
<b>7</b> <b>New Creamy Curry Chicken w/Rice</b> <b>Yogurt &amp; Graham Crackers</b> Romaine Salad Apples Strawberries Ranch Dressing	<b>8</b> <b>Italian Pasta Bake w/Breadstick</b> <b>Yogurt &amp; Graham Crackers</b> Romaine Salad Grape Tomatoes Bananas Ranch Dressing Catsup	<b>9</b> <b>Chicken Tenders &amp; Cheez Itz</b> <b>Yogurt &amp; Graham Crackers</b> Romaine Salad BBQ Beans Celery Sticks Grapes Ranch Dressing	<b>10</b> <b>Turkey and Cheese Grinders</b> <b>Yogurt &amp; Graham Crackers</b> Romaine Salad Mixed Fruit Blueberries Jicama Sticks Ranch Dressing Salsa	<b>11</b> <b>3-Bean Deluxe Nachos w/Cheese</b> <b>Yogurt &amp; Graham Crackers</b> Romaine Salad Carrot Sticks Apples Ranch Dressing Salsa
<b>14</b> <b>Shark Bait Fish Sticks</b> <b>Yogurt &amp; Graham Crackers</b> Romaine Salad French Fries Apples Ranch Dressing Catsup	<b>15</b> <b>Fiery Cannon Balls! Cheesy Beef Meatballs w/Marinara</b> <b>Yogurt &amp; Graham Crackers</b> Seasoned Pinto Beans Romaine Salad Sliced Cucumbers Bananas Ranch Dressing	<b>16</b> <b>Wild Sea Lion Chicken Corn Dogs</b> <b>Yogurt &amp; Graham Crackers</b> Romaine Salad Green Beans Grapes Applesauce Ranch Dressing Catsup Mustard	<b>17</b> <b>Blackbeard's Pirate Crew: Cheeseburger Buddies</b> <b>Yogurt &amp; Graham Crackers</b> Romaine Salad Jicama Orange Slices Cool Tropics Ranch Dressing Catsup Mustard	<b>18</b> <b>Davy Jones' Creamy Alfredo Penne &amp; Wooden Plank Breadsticks</b> <b>Yogurt &amp; Graham Crackers</b> Romaine Salad Broccoli Apples Pineapple Ranch Dressing
<b>21</b> <b>Walking Beef Tacos w/Cheese</b> <b>Yogurt &amp; Graham Crackers</b> Shredded Lettuce Grape Tomatoes Apples Salsa Ranch Dressing	<b>22</b> <b>Orange Chicken w/Chow Mein</b> <b>Yogurt &amp; Graham Crackers</b> Romaine Salad Fresh Broccoli Bananas Pears Ranch Dressing	<b>23</b> <b>Beef Lasagna w/Roll</b> <b>Yogurt &amp; Graham Crackers</b> Romaine Salad Green Beans Pears Grapes Ranch Dressing	<b>24</b> <b>Domino's Pepperoni Pizza</b> <b>Yogurt &amp; Graham Crackers</b> Chocolate Cake, Frosted w/Sprinkles Romaine Salad Jicama Sticks Strawberries Ranch Dressing	<b>25</b> <b>Cheesy Quesadillas</b> <b>Yogurt &amp; Graham Crackers</b> Seasoned Pinto Beans Romaine Salad Carrot Sticks Apples Ranch Dressing Salsa
<b>28</b> <b>Teriyaki Beef Dippers w/Rice</b> <b>Yogurt &amp; Graham Crackers</b> Romaine Salad Fresh Broccoli Apples Peaches Ranch Dressing	<b>29</b> <b>Chicken Sandwich</b> <b>Yogurt &amp; Graham Crackers</b> Seasoned Black Beans Romaine Salad Bananas Ranch Dressing Catsup	<b>30</b> <b>Green Chicken Enchilada Casserole</b> <b>Yogurt &amp; Graham Crackers</b> Romaine Salad Sliced Cucumbers Grapes Pears Sandwich Spread Ranch Dressing	<b>31</b> <b>Red (Turkey) Pozole w/Tortilla Chips</b> <b>Yogurt &amp; Graham Crackers</b> Shredded Cabbage Lemon Slices Jicama Sticks Mixed Fruit	<b>National School Lunch Week: October 14 - 18</b>

