



OCTOBER 2022

[Enter School Here]

Lunch \$3.30
Additional Entrée \$1.75
Milk only \$0.55

Monday

Chicken Tenders
Wedge Fries

3

Tuesday

Spaghetti Hotdish
Whole Grain Breadstick
California Veggies

4

Wednesday

Orange Chicken
Brown Rice
Veggies

5

Thursday

Walking Taco
Whole Grain Chips

6

Friday

Cheesy Pull Apart
Marinara Sauce
Green Beans

7

Ham & Scalloped Potatoes
Green Peas

10

Breaded Ravioli
Marinara Sauce
Veggies

11

Chicken/Veggie
Potstickers
Fried Rice
Midwest Veggies

12

Cheese or Chicken
Quesadilla
Salsa
Veggies

13

Pulled Pork on
Whole Grain Bun
Coleslaw

14

Rib Patty on
Whole Grain Bun
Baked Beans

17

Lasagna Roll
Whole Grain Garlic Toast
Broccoli

18

BBQ Chicken Teriyaki
Brown Rice or Whole
Grain Noodles
Veggies

19

No School

20

No School

21

Glazed Chicken Leg
Whole Grain Dinner Roll
Mashed Potatoes

24

Beef & Lamb Gyro on
Whole Grain Pita
Tzaziki Sauce

25

Pork or Veggie Egg Roll
Veggies

26

Tamales
Southwest Veggies

27

Garlic Cheese French
Bread
Marinara
Broccoli

28

Tame or Spicy Chicken
Patty on
Whole Grain Bun
Dill Carrots

31



All meals are served with milk, fruit, and vegetable.
Lactose-free milk is available upon request.

Equal Opportunity Employer