



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**OCTOBER LUNCH**  
Middle & High School

<ul style="list-style-type: none"> <li>• Turkey &amp; Cheddar Flatbread</li> <li>• Chicken Sausage &amp; Cheese Eggel Sandwich</li> <li>• Pasta Alfredo w Yogurt (V)</li> <li>• Mighty Meaty Turkey Cheese Deli Combo Sandwich</li> <li>○ Baby Carrots w Ranch</li> </ul> <p style="text-align: right;"><b>1</b></p>	<ul style="list-style-type: none"> <li>• Mac &amp; Cheese w BBQ Chicken</li> <li>• Chicken Tamale</li> <li>• Cheesy Ravioli (V)</li> <li>• Hummus Dippers</li> <li>○ Pinto Beans</li> </ul> <p style="text-align: right;"><b>2</b></p>	<ul style="list-style-type: none"> <li>• Chicken Potstickers w Rice (DF)</li> <li>• All-Beef Hot Dog (DF)</li> <li>• Bean &amp; Cheese Pupusa (V)</li> <li>• Sesame Chicken Salad</li> <li>○ Coleslaw</li> </ul> <p style="text-align: right;"><b>3</b></p>	<ul style="list-style-type: none"> <li>• Chicken Taco Trio</li> <li>• Turkey &amp; Beef Meatball Sub</li> <li>• Cheese Pizza (V)</li> <li>• Buffalo Chicken Wrap</li> <li>○ Chili Citrus Corn</li> </ul> <p style="text-align: right;"><b>4</b></p>	<ul style="list-style-type: none"> <li>• Jumbo Turkey &amp; Beef Caribbean Meatball (DF)</li> <li>• Buffalo Chicken Quesadilla</li> <li>• Pancake w Omelet (V)</li> <li>• Veggie Chef Salad (V)</li> <li>○ Broccoli</li> </ul> <p style="text-align: right;"><b>5</b></p>
<p style="text-align: right;"><b>8</b></p> <ul style="list-style-type: none"> <li>• HOLIDAY</li> </ul>	<p style="text-align: right;"><b>9</b></p> <ul style="list-style-type: none"> <li>• All-Beef Hot Dog (DF)</li> <li>• Cheesy Chicken Quesadilla</li> <li>• Cheese Tamale (V)</li> <li>• Turkey &amp; Cheddar Sandwich w Mayo</li> <li>○ Orangy Carrots</li> </ul>	<p style="text-align: right;"><b>10</b></p> <ul style="list-style-type: none"> <li>• Chili Citrus Chicken Drumstick (DF)</li> <li>• Firecracker Chicken w Sesame Noodles</li> <li>• Rainbow Veggie Pizza (V)</li> <li>• Honey Mustard Salad w Grilled Chicken</li> <li>○ Corn</li> </ul>	<p style="text-align: right;"><b>11</b></p> <ul style="list-style-type: none"> <li>• Flamebroiled All-Beef Pepperjack Cheeseburger</li> <li>• Flamebroiled All-Beef Hamburger (DF)</li> <li>• Lasagna (V)</li> <li>• Garden Ranch Salad w Chicken</li> <li>○ Lettuce w Ranch</li> </ul>	<p style="text-align: right;"><b>12</b></p> <ul style="list-style-type: none"> <li>• Turkey &amp; Cheddar Flatbread</li> <li>• Chicken Teriyaki (DF)</li> <li>• Pasta Alfredo w Yogurt (V)</li> <li>• Southwest Veggie Wrap (V)</li> <li>○ Green Beans</li> </ul>
<p style="text-align: right;"><b>15</b></p> <ul style="list-style-type: none"> <li>• Chicken Taco Trio</li> <li>• Pancakes w/ Chicken Sausage</li> <li>• Spaghetti Marinara (V)</li> <li>• Sesame Chicken Wrap (DF)</li> <li>○ Chili Citrus Corn</li> </ul>	<p style="text-align: right;"><b>16</b></p> <ul style="list-style-type: none"> <li>• All-Beef Hot Dog (DF)</li> <li>• Bean &amp; Cheese Pupusa (V)</li> <li>• Cheese Pizza (V)</li> <li>• Chicken Caesar Salad</li> <li>○ Lettuce w Ranch</li> </ul>	<p style="text-align: right;"><b>17</b></p> <ul style="list-style-type: none"> <li>• Scoops w Chicken &amp; Chile Cheese Dip</li> <li>• Chicken Gumbo w Cornbread (DF)</li> <li>• Italian Calzoni (V)</li> <li>• Mighty Meaty Turkey Cheese Deli Combo Sandwich</li> <li>○ Baby Carrots</li> </ul>	<p style="text-align: right;"><b>18</b></p> <ul style="list-style-type: none"> <li>• Grilled Chicken Bites w BBQ Baked Beans (DF)</li> <li>• Jerk Chicken Drumstick (DF)</li> <li>• Mac &amp; Cheese w Baked Beans (V)</li> <li>• Chillin' Chinese Chicken Noodles</li> <li>○ Cucumber Tomato Salad</li> </ul>	<p style="text-align: right;"><b>19</b></p> <ul style="list-style-type: none"> <li>• BBQ Beef Flatbread</li> <li>• Pasta w Turkey Beef Bolognese</li> <li>• Pasta Alfredo w Yogurt (V)</li> <li>• Chicken Salad Sandwich (DF)</li> <li>○ Pinto Beans</li> </ul>
<p style="text-align: right;"><b>22</b></p> <ul style="list-style-type: none"> <li>• Spicy Chicken Chorizo &amp; Cheese Eggel Sandwich</li> <li>• Chicken Alfredo</li> <li>• Cheese Pizza Calzoni (V)</li> <li>• BBQ Chicken Wrap</li> <li>○ Green Beans</li> </ul>	<p style="text-align: right;"><b>23</b></p> <ul style="list-style-type: none"> <li>• BBQ Chicken w Cheesy Rice</li> <li>• Fiesta Scoops w Bean &amp; Cheese 3 Layer Dip (V)</li> <li>• Pancake w Omelet (V)</li> <li>• Taco Dippers Kit (V)</li> <li>○ Pinto Beans</li> </ul>	<p style="text-align: right;"><b>24</b></p> <ul style="list-style-type: none"> <li>• Spaghetti &amp; Turkey Beef Meatballs (DF)</li> <li>• BBQ Chicken Sandwich</li> <li>• Cheese Tamale (V)</li> <li>• Turkey &amp; Cheddar Sandwich w Mayo</li> <li>○ Orangy Carrots</li> </ul>	<p style="text-align: right;"><b>25</b></p> <ul style="list-style-type: none"> <li>• Mac &amp; Cheese w BBQ Chicken</li> <li>• Buffalo Chicken Quesadilla</li> <li>• Cheesy Ravioli (V)</li> <li>• Chicken Caesar Wrap</li> <li>○ Corn</li> </ul>	<p style="text-align: right;"><b>26</b></p> <ul style="list-style-type: none"> <li>• Flamebroiled All-Beef Cheeseburger</li> <li>• Flamebroiled All-Beef Hamburger (DF)</li> <li>• Bean &amp; Cheese Pupusa (V)</li> <li>• Garden Ranch Salad w Chicken</li> <li>○ Lettuce w Ranch</li> </ul>
<p style="text-align: right;"><b>29</b></p> <ul style="list-style-type: none"> <li>• Chicken Taco Trio</li> <li>• Mac &amp; Cheese w Chicken Sausage</li> <li>• Lasagna (V)</li> <li>• Mighty Meaty Turkey Cheese Deli Combo Sandwich</li> <li>○ Baby Carrots</li> </ul>	<p style="text-align: right;"><b>30</b></p> <ul style="list-style-type: none"> <li>• Grilled Chicken Bites w BBQ Baked Beans (DF)</li> <li>• BBQ Chicken Drumstick (DF)</li> <li>• Bean &amp; Cheese Quesadilla (V)</li> <li>• Mighty Meaty Turkey Cheese Deli Combo Sandwich</li> <li>○ Broccoli Carrot Salad</li> </ul>	<p style="text-align: right;"><b>31</b></p> <ul style="list-style-type: none"> <li>• Chicken Potstickers w Rice (DF)</li> <li>• All-Beef Hot Dog (DF)</li> <li>• Cheese Pizza (V)</li> <li>• Honey Mustard Chicken Wrap</li> <li>○ Coleslaw</li> </ul>		

**CELEBRATE NATIONAL SCHOOL LUNCH WEEK!**

October 15-19 is National School Lunch Week – what do **you** love most about school lunch? Is it trying new food? Getting to share a meal with friends?



**Lunch:** choice of 1% or fat-free milk; fresh fruit available daily.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

○ **Vegetable** of the day