



OCTOBER 2020 - LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Texas Toast Grilled Cheese-D,GL Tomato Soup - D Tater Tots / Garlic Broccoli Chocolate Chip Cookie-D,GL,E Ketchup	2 Cheese, Pepperoni or Bacon Pizza-D, GL Steamed Broccoli Chocolate Chip Cookie-GL,D,E Parmesan, Pesto
5 Baked Chicken Tender - GL, SY French Fries Sauteed Garlic Green Beans - D Chocolate Chip Cookie-D,GL,E Ketchup, Honey Mustard, BBQ Sauce	6 Cavatappi Pasta w/Bolognese Sauce - GL,D Garlic Bread-GL,D Steamed Garlic Broccoli Chocolate Chip Cookie-D,GL,E Olive Oil, Butter, Parmesan	7 Mozzarella Flatbread - D,GL Roasted Cauliflower Chocolate Chip Cookie-D,GL,E Parmesan, Pesto **** NEW ITEM ****	8 Slow Cooked - Soft Chicken Taco - GL Sauteed Corn - D Garlic Black Bean, Brown Rice Chocolate Chip Cookie-D,GL,E Salsa, Sour Cream, Guacamole **** NEW ITEM ****	9 Teacher's Work Day SCHOOL CLOSED
12 FALL BREAK SCHOOL CLOSED	13 Penne Pasta - GL,D Veggie Marinara / Garlic Bread-GL,D Steamed Garlic Broccoli Chocolate Chip Cookie-D,GL,E Olive Oil, Butter, Parmesan	14 Breaded Chicken Sandwich - GL,D,E Macaroni & Cheese - D, GL Sauteed Garlic Green Beans - D Chocolate Chip Cookie-D,GL,E Bacon, Tomato	15 Grilled Chicken Gyro- GL Basmati Rice- D Grilled Asparagus Chocolate Chip Cookie-D,GL,E Tzatziki, Tomato, Feta, Onion	16 Cheese, Pepperoni or Bacon Pizza-D, GL Steamed Broccoli Chocolate Chip Cookie-GL,D,E Parmesan, Pesto
19 Meatball Grinder - D,GL w/Marinara Sauce, Waffle Fries Steamed Garlic Broccoli Chocolate Chip Cookie-D,GL,E Parmesan, Ranch, Ketchup	20 3 Cheese Ravioli -D,GL Garlic Bread Steamed Garlic Broccoli Chocolate Chip Cookie-D,GL,E Olive Oil, Butter, Parmesan	21 100% Beef Burger - GL French Fries Carrot Sticks Chocolate Chip Cookie-D,GL,E Ketchup, Mustard, Relish, Tomato, American Cheese	22 Baked Chicken Wings Tater Tots / Celery & Carrot Sticks Zucchini Parmesan Soup - D Chocolate Chip Cookie-D,GL,E Blue Cheese, BBQ, Honey Mustard Ranch, Thai Chili, Hot Sauce	23 Chicken Quesadilla-GL,D Yellow Rice Sauteed Corn - D Chocolate Chip Cookie-D,GL,E Guacamole, Sour Cream, Salsa
26 Crunchy Beef Taco - C Sauteed Corn - D Yellow Rice Chocolate Chip Cookie-D,GL,E Guacamole, Sour Cream, Salsa	27 Buttered Spaghetti - G,D Veggie Marinara Sauce Steamed Garlic Broccoli / Garlic Bread- D,GL Chocolate Chip Cookie-D,GL,E Olive Oil, Butter, Parmesan	28 Pancakes- GL,D,SY,E Sausage / Home Fries Chocolate Chip Cookie-D,GL,E Maple Syrup	29 Texas Toast Grilled Cheese-D,GL Tomato Soup-D Tater Tots / Garlic Broccoli Chocolate Chip Cookie-D,GL,E Ketchup	30 Cheese, Pepperoni or Bacon Pizza-D, GL Steamed Broccoli Chocolate Chip Cookie-GL,D,E Parmesan, Pesto

* All lunch prepared fresh daily *

* Due to Covid-19 Health & Safety Procedures - Salad Bar is temporarily closed *

*** Prepackage Caesar or House Salad available Daily ***

* Soup available on certain days *

* Fresh Fruit Available Daily *

* Chocolate Chip Cookies available everyday
* Apple Juice, Regular and Chocolate Milk included with lunch.

Bread, Pizza, Pancakes, Pasta
*Allergens: Soy -SY, Gluten - GL,
Dairy - D, Eggs - E, Shellfish - SF,
Corn - C