



Elementary October Lunch Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>1 Hot Dog</p> <p>2. Mac and Cheese Dinner Roll</p> <p>3 Strawberry Chicken Salad</p> <p>Smiley Face Fries</p> <p>Fresh Fruit Fresh Veg Garden Salad w/Mozzarella</p>	<p>4</p> <p>1 Beef Nachos Refried Beans Salsa, Sour Cream</p> <p>2. Cheesy Pull-Apart Bread</p> <p>3. Satsuma Cobb Salad</p> <p>Fresh Fruit Fresh Veg Garden Salad w/Mozzarella</p>	<p>5</p> <p>1. Baked Chicken Leg Corn & Peas Biscuit</p> <p>2. Pancakes Yogurt</p> <p>3 Taco Salad</p> <p>Tater Tots</p> <p>Fresh Fruit Fresh Veg Garden Salad w/Mozzarella</p>	<p>6</p> <p>1 Chicken Parmesan Pasta w/Marinara</p> <p>2 Oven Baked Pasta</p> <p>3 Chef Salad</p> <p>Garlic Bread Roasted Carrots</p> <p>Fresh Fruit Fresh Veg Garden Salad w/Mozzarella</p>	<p>7</p> <p>1 Cheese Pizza</p> <p>2 Pepperoni Pizza</p> <p>3 Chicken Caesar Salad</p> <p>Fresh Fruit Fresh Veg Garden Salad w/Mozzarella</p>
<p>10</p> <p>1. Hamburger/ Cheeseburger</p> <p>2 Muffin Fun Lunch</p> <p>3 Strawberry Chicken Salad</p> <p>Smiley Face Fries</p> <p>Fresh Fruit Fresh Veg Vegetarian Chickpea Salad</p>	<p>11</p> <p>1. Teriyaki Chicken Fried Rice Fortune Cookie</p> <p>2. Cheese Stuffed Breadsticks w/ Marinara</p> <p>3. Satsuma Cobb Salad</p> <p>Fresh Fruit Fresh Veg Vegetarian Chickpea Salad</p>	<p>12</p> <p>1. Sweet & Sour Meatballs Veg</p> <p>2. Sweet & Sour Veg w/Edamame</p> <p>3 Taco Salad</p> <p>Brown Rice</p> <p>Fresh Fruit Fresh Veg Vegetarian Chickpea Salad</p>	<p>13</p> <p>1. Oven Baked Chicken Tenders</p> <p>2. Cheese Lasagna Rolls</p> <p>3 Chef Salad</p> <p>Roasted Green Beans Dinner Roll</p> <p>Fresh Fruit Fresh Veg Vegetarian Chickpea Salad</p>	<p>14</p> <p>1 Cheese Pizza</p> <p>2 Pepperoni Pizza</p> <p>3 Chicken Caesar Salad</p> <p>Fresh Fruit Fresh Veg Vegetarian Chickpea Salad</p>
<p>17</p> <p>1 Hot Dog</p> <p>2. Mac and Cheese Dinner Roll</p> <p>3 Strawberry Chicken Salad</p> <p>Smiley Face Fries</p> <p>Fresh Fruit Fresh Veg Garden Salad w/Mozzarella</p>	<p>18</p> <p>1 Chicken Tacos Refried Beans Salsa, Sour Cream</p> <p>2. Cheesy Pull-Apart Bread</p> <p>3. Satsuma Cobb Salad</p> <p>Fresh Fruit Fresh Veg Garden Salad w/Mozzarella</p>	<p>19</p> <p>1 Corn Dog</p> <p>2 Waffles Yogurt</p> <p>3 Taco Salad</p> <p>Tater Tots</p> <p>Fresh Fruit Fresh Veg Garden Salad w/Mozzarella</p>	<p>20</p> <p>1. Oven Baked Chicken Sandwich</p> <p>2. Cheese Quesadilla Salsa Sour Cream</p> <p>3 Chef Salad</p> <p>Roasted Green Beans</p> <p>Fresh Fruit Fresh Veg Garden Salad w/Mozzarella</p>	<p>21</p> <p>1 Cheese Pizza</p> <p>2 Pepperoni Pizza</p> <p>3 Chicken Caesar Salad</p> <p>Fresh Fruit Fresh Veg Garden Salad w/Mozzarella</p>
<p>24</p> <p>1. Hamburger/ Cheeseburger</p> <p>2 Muffin Fun Lunch</p> <p>3 Strawberry Chicken Salad</p> <p>Smiley Face Fries</p> <p>Fresh Fruit Fresh Veg Vegetarian Chickpea Salad</p>	<p>25</p> <p>1. Chicken Tikka Masala Brown Rice Flatbread</p> <p>2. Cheese Stuffed Breadsticks w/ Marinara</p> <p>3. Satsuma Cobb Salad</p> <p>Fresh Fruit Fresh Veg Vegetarian Chickpea Salad</p>	<p>26</p> <p>NO LUNCH SERVICE</p>	<p>27</p> <p>NO LUNCH SERVICE</p>	<p>28</p> <p>1 Cheese Pizza</p> <p>2 Pepperoni Pizza</p> <p>3 Chicken Caesar Salad</p> <p>Fresh Fruit Fresh Veg Vegetarian Chickpea Salad</p>
<p>31</p> <p>1 Hot Dog</p> <p>2. Mac and Cheese Dinner Roll</p> <p>3 Strawberry Chicken Salad</p> <p>Smiley Face Fries</p> <p>Fresh Fruit Fresh Veg Garden Salad w/Mozzarella</p>				

A full student lunch consists of 5 components; Protein, Grain, Vegetable, Fruit and a choice of Milk. Milk choice include 1% White and 1% Chocolate. This institution is an equal opportunity provider.

* Menu subject to change