



McAlister Lunch Menu

October 2022

3
Chicken Patty on a Bun
 Ham and Cheese sandwich
 Chef Salad & a Roll
 Mixed Vegetables

4
Pizza Sticks w/ Marinara Sauce
 Ham and Cheese sandwich
 Chef Salad & a Roll
 Broccoli

5
Waffles & Sausage
 Ham and Cheese sandwich
 Chef Salad & a Roll
 Apple Sauce

6
Hot Dog Pepperoni or Cheese Pizza
 Ham and Cheese sandwich
 Chef Salad & a Roll
 Sweet Potato Fries

7
No School

10
No School

11
Pizza Sticks w/ Marinara Sauce
 Turkey & Cheese Sandwich
 Popcorn Chicken Salad & a Roll
 Mixed Vegetables

12
Pancakes & Sausage
 Turkey & Cheese Sandwich
 Popcorn Chicken Salad & a Roll
 Hash Browns

13
Chicken Nuggets
 Turkey & Cheese Sandwich
 Popcorn Chicken Salad & a Roll
 Broccoli

14
Pepperoni or Cheese Pizza
 Turkey & Cheese Sandwich
 Popcorn Chicken Salad & a Roll
 Green Beans

17
Popcorn Chicken
 Tuna Salad Sandwich
 Italian Salad w/ Ham & a Roll
 Tater Tots

18
Pizza Sticks w/ Marinara Sauce
 Tuna Salad Sandwich
 Italian Salad w/ Ham & a Roll
 Carrots

19
Waffles & Sausage
 Tuna Salad Sandwich
 Italian Salad w/ Ham & a Roll
 Apple Sauce

20
Corn Dog
 Tuna Salad Sandwich
 Italian Salad w/ Ham & a Roll
 Broccoli

21
Pepperoni or Cheese Pizza
 Tuna Salad Sandwich
 Italian Salad w/ Ham & a Roll
 Roasted Chic Peas

24
Toasted Cheese Melt
 Ham & Cheese Grinder
 Caesar Salad w/ a roll
 Baked Beans

25
Pizza Sticks w/ Marinara Sauce
 Ham & Cheese Grinder
 Caesar Salad w/ a roll
 Corn

26
French Toast Sticks & Sausage
 Ham & Cheese Grinder
 Caesar Salad w/ a roll
 Hash Browns

27
Chicken Nuggets
 Ham & Cheese Grinder
 Caesar Salad w/ a roll
 Tater Tots

28
Pepperoni or Cheese Pizza
 Ham & Cheese Grinder
 Caesar Salad w/ a roll
 Broccoli

31
Meatball Sub
 Turkey & Cheese Sandwich
 Popcorn Chicken Salad w/ a Roll
 Corn

1
Pizza Sticks w/ Marinara Sauce
 Turkey & Cheese Sandwich
 Popcorn Chicken Salad w/ a Roll
 Broccoli

2
Pancakes & Sausage
 Turkey & Cheese Sandwich
 Popcorn Chicken Salad w/ a Roll
 Apple Sauce

3
Hamburger
 Turkey & Cheese Sandwich
 Popcorn Chicken Salad w/ a Roll
 Baked Beans

4
Pepperoni or Cheese Pizza
 Turkey & Cheese Sandwich
 Popcorn Chicken Salad w/ a Roll
 Green Beans

Available Daily:
 Sunbutter & Jelly Sandwiches, Bagel Fun Lunches, Asst Fruits & Veggies, 1% Milk, Chocolate, Skim or Soy Milk, Asst Snacks
 Cookies and Ice Cream Fridays only
Lunch includes entrée, milk, veggies, and/or fruit.

If your child receives free or reduce lunch, then they also qualify for free or reduce breakfast.