

October 2022

Lunch includes entrée listed below, fruit, milk, and vegetable

All grains are at least 50% whole Grain. Students Must take ½ cup fruit and/or vegetables with meal. Milk Choice Include Skim, 1% and Skim Chocolate. Menu subject to change without notice, due to price and availability.

Local Harvest of the Month is Apples

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST: Students: \$1.75 Reduced: .30 Adult: \$2.00	Whole Grain Cereal OR Oatmeal with Choose Your Own Toppings Fruit and Milk	Grilled Ham 'n' Cheese w/ Fruit and Milk	Benefit Bar, Fruit and Milk	Biscuits and Gravy Fruit and Milk	Muffin w/ String Cheese, Fruit, Milk
	Available Daily: Assorted Whole Grain Cereals, Oatmeal, UBR Bar, String Cheese, Milk, Orange Juice and Canned and Fresh Seasonal Fruit, Breakfast comes with Choice of Protein, Choice of Grain, Choice of Fruit and Milk				
LUNCH: Students: \$3.00 Reduced: .40 Adult: \$3.50 Now Local: Beef, Lentils, Squash, Carrots, Some Breads and Flour And more!	PLEASE JOIN US FOR BREAKFAST OR LUNCH! For Free Lunch Eligibility Call 751-3400 ext 3443, Menu Questions 751-3400 ext 3646				
	3 Chicken Patty on WG Bun, Hoagies, PBJ	4 Corn Dog, Hoagie or PBJ	5 Cheeseburger, Hoagie, PBJ	6 Bosco Sticks w/ Marinara, Hoagies, PBJ	7 Tuna Melt, Hot Ham and Cheese, Hoagie, PBJ
	10 Chicken Patty, Hoagies, PBJ	11 Corn Dog, Hoagies, PBJ	12 Cheeseburger, Hoagie, PBJ	13 Bosco Sticks w/ Marinara, Hoagies, PBJ	14 Tuna Melt, Hot Ham and Cheese, Hoagie and PBJ
	17 Chicken Patty, Hoagies, PBJ	18 Corn Dog, Hoagies, PBJ	19 Cheeseburger, Hoagie, PBJ	20 NO SCHOOL	21 NO SCHOOL
	24 Chicken Patty, Hoagie or PBJ	25 Corn Dog, Hoagies, PBJ	26 Cheeseburger, Hoagie, PBJ	27 Bosco Sticks w/ Marinara, Hoagies, PBJ	28 Tuna Melt, Hot Ham and Cheese, Hoagies, PBJ
	31 Chili w/ Cheese and Cornbread				
	Student Meal Includes: 1 cup milk, 1-2 oz. meat, 1-2 oz. grain, 3/4 cup veggie and 1/2 cup fruit, 600-700 calories				
GRILL MENU					
SANDWICH & SALADS*					

FRUIT Selection	Apples, Oranges, Dried Mixed Fruit	Bananas, Oranges, or Seasonal Fruit, Dried Mixed Fruit	Fresh Berries or Grapes, Apples, Dried Mixed Fruit	Bananas, Oranges, or Seasonal Fruit, Dried Mixed Fruit	Apples, Oranges, Dried Mixed Fruit

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