

# OCTOBER | 2023



## Mini Marauder Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mini Corn Dogs Baked Beans Fresh Fruit White Milk	3 Lunch Kit Cucumbers Fresh Fruit White Milk	4 Rotini and Meat Sauce Broccoli Fresh Fruit White Milk	5 Hamburger Corn Fresh Fruit White Milk	6 Mozzarella Sticks with Marinara Sauce Carrots Fresh Fruit White Milk
16 Chicken Sandwich Tater Tots Fresh Fruit Choice of Milk	17 Soft Taco Refried Beans Fresh Fruit White Milk	18 Protein Power Broccoli Fresh Fruit White Milk	19 Alfredo Pasta Green Beans Fresh Fruit White Milk	20 Calzone Carrots Fresh Fruit White Milk
21 Teriyaki Dippers with Dinner Roll Broccoli Fresh Fruit White Milk	22 Beef and Cheese Dip with Tortilla Chips Refried Beans Fresh Fruit White Milk	23 Chicken and Waffles Strawberry Sauce Cherry Tomatoes Fresh Fruit White Milk	24 Chicken Nuggets Smiley Potatoes Fresh Fruit White Milk	27 Bosco Sticks with Marinara Sauce Snap Peas Fresh Fruit White Milk
30 Mac and Cheese Baked Beans Fresh Fruit White Milk	31 Quesadilla Broccoli Fresh Fruit White Milk	1 Pizza Slices Green Beans Fresh Fruit White Milk	2 French Toast and Sausage Patty Sweet Potato Wedges Fresh Fruit White Milk	3 Chicken Poppers Mashed Potatoes Fresh Fruit White Milk

### **Build a Meal**

Each student's meal will contain the following components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk

Protein Power: Yogurt, String Cheese, Grain

Lunch Kit Choices: Pizza or Turkey, Cheese and Crackers

### **Meal Prices:**

Breakfast: \$2.25

Lunch: \$3.50

Adult: \$4.80

Extra Milk: \$0.50