

OCTOBER | 2023



LIFE Center Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mini Corn Dogs Cookie Baked Beans Fresh Fruit Choice of Milk	3 Arroz Con Pollo Cucumbers Fresh Fruit Choice of Milk	4 Rotini and Meat Sauce with Garlic Bread Broccoli Fresh Fruit Choice of Milk	5 Hamburger/ Cheeseburger Corn Fresh Fruit Choice of Milk	6 Mozzarella Sticks with Marinara Sauce Carrots Fresh Fruit Choice of Milk
16 Chicken Sandwich Tater Tots Fresh Fruit Choice of Milk	17 Soft Tacos Refried Beans Fresh Fruit Choice of Milk	18 Orange Chicken Fried Rice Broccoli Fresh Fruit Choice of Milk	19 Alfredo Pasta with Garlic Bread Green Beans Fresh Fruit Choice of Milk	20 Calzone Carrots Fresh Fruit Choice of Milk
21 Teriyaki Dippers with Dinner Roll Broccoli Fresh Fruit Choice of Milk	22 Beef and Cheese Dip with Tortilla Chips Refried Beans Fresh Fruit Choice of Milk	23 Chicken and Waffles Strawberry Sauce Cherry Tomatoes Fresh Fruit Choice of Milk	26 Chicken Nuggets Smiley Potatoes Fresh Fruit Choice of Milk	27 Bosco Sticks with Marinara Sauce Snap Peas Fresh Fruit Choice of Milk
30 Chicken Fries Mac and Cheese Baked Beans Fresh Fruit Choice of Milk	31 Chicken or Cheese Quesadillas Broccoli Fresh Fruit Choice of Milk	1 Pizza Slices Green Beans Fresh Fruit Choice of Milk	2 French Toast and Sausage Patty Sweet Potato Wedges Fresh Fruit Choice of Milk	3 Chicken Poppers Biscuit Mashed Potatoes Fresh Fruit Choice of Milk

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

- Peanut-Free Wowbutter and Jelly Sandwich^V
- Salad Bar
- Assorted Sandwiches

All Grab & Go meals come with a choice of:

- Low-Fat Milk
- Up to 2 fruits
- Up to 2 veggies

*Must get 1 fruit and/or veggie to make a meal

All entrees come with choices of assorted fruit, fresh vegetables, and low-fat white/flavored milk

Meal Prices:

Breakfast: \$2.25
 Lunch: \$3.60
 Adult: \$4.80
 Extra Milk: \$0.50