

Lunch orders must be placed through Lunch Direct by **Wednesday** for the following week.

# OCTOBER 2023

## WESTLAKE PREP

Lunches Provided By:

Roadrunner Foods

(p) 281-565-7902

www.RoadrunnerFoodService.com

### Monday

**NEW ITEM!**

**2**

Chicken Parmesan Pasta Bake  
Peas & Diced Carrots Blend  
Dinner Roll  
Seasonal Fresh Fruit  
V: Spaghetti w/ Marinara Sauce & Mozzarella

### Tuesday

**Breakfast For Lunch!**

**3**

Mini Buttermilk Pancakes w/ Syrup  
Potatoes O'Brien w/ Tri-Colored Bell Peppers  
Turkey Sausage Patty  
Seasonal Fresh Fruit  
V: Veggie "Sausage" Patty

### Wednesday

**4**

Chicken Teriyaki Fried Rice w/ Mixed Veggies  
Oven Roasted Baby Carrots  
Hawaiian Roll  
Seasonal Fresh Fruit  
V: Teriyaki Fried Rice w/ Mixed Veggies

### Thursday

**5**

Beef Burger w/ Cheddar Cheese  
Buttered Corn  
Oven Baked Tater Tots  
Seasonal Fresh Fruit  
V: Veggie Burger

### Friday

**6**

**NO SCHOOL**

**9**

### Tuesday

**10**

Ground Beef Soft Taco w/ Monterey Jack Cheese  
Spanish Rice w/ Mixed Veggies  
Refried Beans  
Seasonal Fresh Fruit  
V: Bean & Cheese Roll Up

### Wednesday

**11**

Sliced BBQ Chicken Breast w/ Mashed Potatoes  
Buttered Corn  
Dinner Roll  
Seasonal Fresh Fruit  
V: Veggie BBQ "Chicken" Strips

### Thursday

**12**

Oven Baked Chicken Tenders  
Green Beans  
Steamed White Rice w/ Brown Gravy  
Seasonal Fresh Fruit  
V: Veggie Nuggets

### Friday

**13**

**Breakfast For Lunch!**

**17**

French Toast Sticks w/ Syrup  
Potatoes O'Brien w/ Tri-Colored Bell Peppers  
Turkey Sausage patty  
Seasonal Fresh Fruit  
V: Veggie Sausage Patty

### Wednesday

**18**

Ground Beef Sloppy Joe  
Veggie Baked Beans  
Green Beans  
Seasonal Fresh Fruit  
V: Veggie "Meat" Sloppy Joe

### Thursday

**19**

Arroz Con Pollo  
(Yellow Rice w/ Chicken & Veggies)  
Oven Roasted Baby Carrots  
Hawaiian Roll  
Seasonal Fresh Fruit  
V: Yellow Rice w/ Veggie "Chicken"

### Friday

**20**

Bow Tie Pasta in a Lemon Butter Sauce w/ Grilled Chicken & Broccoli Bits  
Crinkle Cut Carrots  
Dinner Roll  
Seasonal Fresh Fruit  
V: Bow Tie Pasta w/ Veggie Chicken

**23**

Chicken Fajita Soft Tacos w/ Monterey Jack Cheese  
Spanish Rice w/ Mixed Veggies  
Refried Beans  
Seasonal Fresh Fruit  
V: Bean & Cheese Roll Up

**24**

Beef Burger w/ Cheddar Cheese  
Sweet Peas  
Oven Baked Tater Tots  
Seasonal Fresh Fruit  
V: Veggie Burger

**25**

Oven Baked Chicken Tenders  
Green Beans  
Scalloped Potatoes  
Seasonal Fresh Fruit  
V: Veggie Nuggets

**26**

**27**

Penne Pasta w/ Beef Meat Sauce  
Buttered Corn  
Dinner Roll  
Seasonal Fresh Fruit  
V: Penne Pasta w/ Veggie "Meat" Sauce

**30**

**Breakfast For Lunch!**

**31**

Mini Buttermilk Pancakes w/ Syrup  
Potatoes O'Brien w/ Tri-Colored Bell Peppers  
Turkey Sausage Patty  
Seasonal Fresh Fruit  
V: Veggie "Sausage" Patty

**SIGN UP NOW TO ORDER SCHOOL LUNCHES!**

[WWW.LUNCHDIRECT.COM](http://WWW.LUNCHDIRECT.COM)

SCHOOL CODE: **233000**

Each day your child will get a choice between our Main Entree, **Cold Turkey Hoagie Box Lunch**, and three alternative hot entrees. Either **A. Grilled Cheese Sandwich B: Cheesy Chicken Broccoli & Rice Casserole C: Oven Baked Chicken Tenders**. These hot alternative entrees will replace the main entree of the day; all sides will remain the same.

**\*All menu items are subject to change without notice due to availability, freshness, and quality of ingredients\***