

All lunch entrees offered with choice of fruit(s), vegetable(s), and milk (optional)



# October 2023

## Lunch Menu

Henking, Lyon, Westbrook



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Hot Dog or Bean &amp; Cheese Burrito</b></p> <p>Potato Smiles Baked Beans Fresh Plum</p>	<p>3</p> <p><b>Mini Chicken Bites or Vegan Chicken Nuggets</b></p> <p>Peach Cup Green Beans Goldfish Cracker</p>	<p>4</p> <p><b>Cheese Pizza Slice</b></p> <p>Fresh Melon Roasted Broccoli Baby Carrots</p>	<p>5</p> <p><b>Meatball Sub (mozzarella cheese optional)</b></p> <p>Strawberries Caesar Salad</p>	<p>6</p> <p><b>French Toast with Turkey Sausage or French Toast with Veggie Sausage</b></p> <p>Hash Brown Potato 100% juice cup</p>
<p>9</p> <p><b>Cheeseburger (cheese optional) or Black Bean Burger</b></p> <p>Sweet Potato Fries Grapes</p>	<p>10</p> <p><b>Orange Chicken &amp; Rice or Orange Vegan Chicken &amp; Rice</b></p> <p>Garlic Broccoli Pineapple Cup Fortune Cookie</p>	<p>11</p> <p><b>Bosco Sticks with Marinara Sauce</b></p> <p>Sweet Corn Watermelon</p>	<p>12</p> <p><b>Beef Nachos or Bean Nachos</b></p> <p>Refried Beans with Cheese Locally Grown Apples</p>	<p>13</p> <p><b>No School</b></p>
<p>16</p> <p><b>Breaded Mozzarella Sticks with Marinara Sauce</b></p> <p>Tomato Soup Pear Cup</p>	<p>17</p> <p><b>Chicken Tenders or Vegan Chicken Nuggets</b></p> <p>Roasted Veggies Orange Wedges Freshly Baked Cornbread</p>	<p>18</p> <p><b>Cheese Pizza Slice</b></p> <p>Grapes Roasted Chickpeas Caesar Salad</p>	<p>19</p> <p><b>Pasta &amp; Meatballs or Pasta with Marinara Sauce &amp; Mozzarella Cheese</b></p> <p>Roasted Broccoli Apple Slices Garlic Bread</p>	<p>20</p> <p><b>Mini Pancakes with Turkey Sausage or Mini Pancakes with Veggie Sausage</b></p> <p>Breakfast Potatoes Banana</p>
<p>23</p> <p><b>Cheeseburger (cheese optional) or Black Bean Burger</b></p> <p>Sweet Potato Fries Applesauce Cup</p>	<p>24</p> <p><b>Chicken Nuggets or Vegan Chicken Nuggets</b></p> <p>Mashed Potatoes &amp; Gravy Mandarin Oranges Biscuit</p>	<p>25</p> <p><b>Bosco Sticks with Marinara Sauce</b></p> <p>Corn on the Cob Melon Cubes</p>	<p>26</p> <p><b>Beef Nachos or Bean Nachos</b></p> <p>Refried Beans with Cheese Apple Slices</p>	<p>27</p> <p><b>Mac n' Cheese</b></p> <p>Roasted Broccoli Grapes Freshly Baked Cornbread</p>
<p>30</p> <p><b>Hot Dog or Bean &amp; Cheese Burrito</b></p> <p>Potato Smiles Baked Beans Orange Wedges</p>	<p>31</p> <p><b>Mini Chicken Bites or Vegan Chicken Nuggets</b></p> <p>Roasted Cauliflower Peach Cup Halloween Cookie</p>	 <p><i>Joke of the Month: How do you fix a cracked pumpkin? With a pumpkin patch!</i></p>	<p><b>Daily Cold Lunch Options</b></p> <p>Yogurt Pack with Granola Bites, String Cheese, &amp; Crackers PB&amp;J Uncrustable with String Cheese &amp; Whole Grain Crackers <i>Offered on Fridays: BYO pizza kit with Flatbread, Marinara, &amp; Mozzarella Cheese</i></p>	

Complete Lunch \$3.25  
Milk Only \$0.60

MENU SUBJECT TO CHANGE  
This institution is an equal opportunity provider