



NSP K-8 Main Lunch Menu

October 2023

This institution is an equal opportunity provider.

Serving Sizes are as follows:

K - 5th Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or

1% unflavored or flavored milk 8oz

6th – 8th Grade - Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
October 2 Italian Turkey Sandwich Carrot Sticks Ranch Dressing Mayonnaise Fruit Milk	October 3 Taco Beef w. Cheddar Cheese WG Flour Tortilla Corn Fruit Milk NATIONAL SOFT TACO DAY!	October 4 Turkey Sausage String Cheese WG French Toast Breakfast Potatoes Fruit Milk	October 5 WG Chicken Tenders Mixed Vegetables Ketchup Fruit Milk	October 6 Early Dismissal
October 9 School Holiday	October 10 Turkey Ham & Cheese on WG Bun Fresh Broccoli Garbanzo Beans Mayonnaise Ranch Dressing Fruit Milk	October 11 Egg & Cheese Sandwich on Bagel String Cheese Carrot Sticks Ranch Dressing Fruit Milk	October 12 Turkey Burger Sliced Cheddar Cheese WG Sandwich Roll Green Beans Ketchup Fruit Milk	October 13 Grilled Chicken Garden Salad Romaine Lettuce with tomatoes and Cucumbers Italian Dressing WG Dinner Roll Fruit Milk
October 16 Turkey & Cheese Sandwich on WG Bread Fresh Broccoli Garbanzo Beans Ranch Dressing Mayonnaise Fruit Milk	October 17 Mac & Cheese w. WG Pasta Cooked Carrots Fruit Milk National Pasta Day!	October 18 WG Pancake w/ Chicken Sausage and Cheese Sandwich String Cheese Tomato/Cucumber Salad Fruit Milk	October 19 Swedish Meatballs Brown Rice Peas Fruit Milk	October 20 Chicken, Turkey Pepperoni & Cheese Sandwich on WW Bun Carrot Sticks Ranch Dressing Mayonnaise Fruit Milk
October 23 Turkey Ham & Cheese on WG Bun Garbanzo Beans Fresh Broccoli Ranch Dressing Mayo Fruit Milk	October 24 WG Pasta w/ Meat Sauce Green Beans Fruit Milk	October 25 Turkey Sausage WG French Toast Carrot Sticks Ranch Dressing Fruit Milk	October 26 Chicken, Broccoli, Cheddar Cheese, and Brown Rice Bake Mixed Vegetables Fruit Milk	October 27 Beef Chili Mashed Potatoes WG Dinner Roll Fruit Milk NATIONAL POTATO DAY!
October 30 Turkey & Cheese Sandwich on WG Bread Fresh Broccoli Garbanzo Beans Ranch Dressing Mayonnaise Fruit Milk	October 31 Grilled Chicken Parmesan w/Marinara Sauce and Mozzarella Cheese over WG Pasta Peas Fruit Milk	November 1 Egg & Cheese Sandwich String Cheese Cucumbers Ranch Dressing Fruit Milk	November 2 WG Chicken Patty Ketchup Green Beans Fruit Milk	November 3 Italian Turkey Sandwich Carrot Sticks Ranch Mayonnaise Fruit Milk

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos