

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Chili and Cheese Baked Potato with Breadstick
Crispy Chicken Nuggets with Breadstick
Italian Sub
Strawberry Field Parfait with String Cheese
Hot Side: Roasted Broccoli

3

Meatball Marinara Sub
Corn Dog
Turkey and Cheese Deli Sandwich
Greek Salad with Breadsticks
Hot Side: Oven Roasted Cauliflower

4

Turkey Gravy with Mashed Potatoes and Breadsticks
Cheeseburger
Hummus Wrap
Garden Greens Salad with Breadsticks
Hot Side: Mashed Potatoes

SLUSHY CUP WITH EVERY MEAL (MADE WITH 100% FRUIT JUICE)

5

Caprese Grilled Cheese Sandwich
Beef and Cheese Nachos
Ham and Cheese Deli Sandwich
Chef Salad with Breadstick
Hot Side: Stewed Pinto Beans

6

Cheese Pizza
Mozzarella Stuffed Breadsticks with Marinara Sauce
Crispy Chicken Wrap
Chicken Caesar Salad with Breadsticks
Hot Side: Sweet Potato Fries

LUNCH INCLUDES CHOICE OF ENTREE LISTED, VARIETY OF FRUITS AND VEGETABLES, AND CHOICE OF MILK

9

INDIGENOUS PEOPLES' DAY
NO SCHOOL

10

B4L: Pancakes and Scrambled Eggs
Cheeseburger
Deli Sandwich Bento Box
Chef Salad with Breadsticks
Hot Side: Baked Tater Tots

11

Baked Penne Pasta
Wisconsin Grilled Cheese Sandwich with Tomato Soup
Chicken Caesar Salad with Breadsticks
Banana Berry Smoothie Bowl
Hot Side: Oven Roasted Cauliflower

12

Beef Hot Dog
Chicken Parmesan
Hummus Bento Box
Chicken Bacon Ranch Flatbread
Hot Side: Roasted Broccoli

CHOCOLATE CHIP COOKIE WITH EVERY MEAL

13

Turkey Carnitas Taco
Cheese Pizza
Buffalo Chicken Salad with Breadstick
Italian Style Deli Sandwich
Hot Side: Roasted Sweet Potatoes

SUNBUTTER AND JELLY OFFERED DAILY

16

Sweet & Sour Chicken Dumplings
Chicken Nuggets with Breadstick
Ham and Cheese Deli Sandwich
Lift-Off Spinach Salad with Breadsticks
Hot Side: Roasted Broccoli

17

Chicken Enchilada Suiza
Cheeseburger
Turkey and Cheese Deli Sandwich
Strawberry Parfait with String Cheese
Hot Side: Stewed Pinto Beans

18

Red Beans and Rice with Breadstick
Crispy Chicken Sandwich
Italian Style Sandwich
Greek Salad with Breadsticks
Hot Side: Baked Sweet Potato Fries

SLUSHY CUP WITH EVERY MEAL (MADE WITH 100% FRUIT JUICE)

19

PROFESSIONAL DEVELOPMENT DAY
NO SCHOOL

20

PARENT/TEACHER CONFERENCES
NO SCHOOL

A COMPLETE MEAL CONSISTS OF A MINIMUM OF 3 TO 5 COMPONENTS, ONE ITEM MUST BE A 1/2 CUP OF FRUIT OR VEGETABLE

23

Breaded Drumstick with Breadstick
Classic Grilled Cheese Sandwich
Hummus Wrap
Chicken Caesar Salad with Breadsticks
Hot Side: Oven Roasted Sweet Potatoes

24

Tandoori Chicken with Rice
Bean and Cheese Nachos
Turkey and Cheese Deli Sandwich
Fruit and Yo-To-Go Box
Hot Side: Aztec Corn

CHOCOLATE CHIP COOKIE WITH EVERY MEAL

25

Baked Penne Pasta with Breadstick
Cheeseburger
Lift-Off Spinach Salad with Breadsticks
Crispy Chicken Wrap
Hot Side: Oven Roasted Broccoli

26

Homestyle Meatloaf with Breadsticks
Crispy Chicken Nuggets with Breadstick
Garden Greens Salad with Breadsticks
Pizza Bento Box
Hot Side: Mashed Potatoes

27

Veggie Burger
Cheese Pizza
Chef Salad with Breadsticks
Teriyaki Chicken Sub
Hot Side: Sweet Potato Fries

30

Boneless Wings with Breadsticks
Bean and Cheese Burrito
Turkey and Cheese Deli Sandwich
Lift-Off Spinach Salad with Breadsticks
Side: Baby Carrots

SLUSHY CUP WITH EVERY MEAL (MADE WITH 100% FRUIT JUICE)

31

Crispy Chicken Sandwich
Cheese Ravioli and Marinara
Hummus Wrap
Fiesta Taco Salad with Tortilla Chips
Hot Side: Seasoned Green Beans



Have a **HAPPY** Halloween

MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components:
Meat/Meat Alternative;
Grain; Veggie; Fruit; Milk

ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!



LUNCH MEAL PRICES

ALL STUDENTS EAT FREE
MILK ONLY \$0.55
ADULT \$4.70

MENU IS SUBJECT TO CHANGE

This institution is an equal opportunity provider.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Papas Al Horno Con Chile Y Queso Con Palitos De Pan
Nuggets de pollo crujientes con palitos de pan
Sub italiano
Parfait de fresas con queso en hebras
Lado picante: brócoli asado

3

Submarino De Albóndigas Marinara Corn Dog
Sándwich Deli De Pavo Y Queso
Ensalada griega con palitos de pan
Lado picante: coliflor asada al horno

4

Salsa De Pavo Con Puré De Patatas Y Palitos De Pan
Hamburguesa con queso
Envoltura de hummus
Ensalada de verduras de la huerta con palitos de pan
Lado picante: puré de patatas

TAZA GRANIZADA CON CADA COMIDA

5

Sándwich de queso caprese a la parrilla
Nachos de carne y queso
Sándwich Deli De Jamón Y Queso
Ensalada Chef con palito de pan
Lado picante: frijoles pintos guisados

6

Pizza de queso
Palitos de pan rellenos de mozzarella con salsa marinara
Wrap De Pollo Crujiente
Ensalada César De Pollo Con Palitos De Pan
Lado picante: batatas fritas

EL ALMUERZO INCLUYE LA ELECCIÓN DEL ENTRADA ENUMERADO, VARIEDAD DE FRUTAS Y VERDURAS Y LA ELECCIÓN DE LECHE

9

DÍA DE LOS PUEBLOS INDÍGENAS
NO HAY CLASES

10

B4L: Panqueques y Huevos Revueltos
Hamburguesa con queso
Caja Bento Sándwich Deli
Ensalada del chef con palitos de pan
Lado picante: Tater Tots al horno

11

Pasta Penne Al Horno
Sándwich de queso asado Wisconsin con sopa de tomate
Ensalada César De Pollo Con Palitos De Pan
Tazón de batido de plátano y bayas
Lado picante: coliflor asada al horno

12

Hot Dog De Carne
Pollo parmesano
Caja bento de hummus
Pan plano ranchero con pollo y tocino
Lado picante: brócoli asado

GALLETA CON CHISPAS DE CHOCOLATE CON CADA COMIDA

13

Taco De Carnitas De Pavo
Pizza de queso
Ensalada de pollo Buffalo con palito de pan
Sándwich Deli estilo italiano
Lado picante: batatas asadas

MANTEQUILLA SOLAR Y JALEA OFRECIDAS DIARIAMENTE

16

Dumplings de pollo agridulces
Nuggets de pollo con palito de pan
Sándwich Deli De Jamón Y Queso
Ensalada de espinacas con palitos de pan
Lado picante: brócoli asado

17

Enchilada Suiza De Pollo
Hamburguesa con queso
Sándwich Deli De Pavo Y Queso
Parfait de fresa con queso en hebras
Lado picante: frijoles pintos guisados

18

Frijoles Rojos y Arroz con Palitos de Pan
Sándwich De Pollo Crujiente
Sándwich estilo italiano
Ensalada griega con palitos de pan
Lado picante: batatas fritas al horno

TAZA GRANIZADA CON CADA COMIDA

19

DÍA DE DESARROLLO PROFESIONAL
NO HAY CLASES

20

CONFERENCIAS DE PADRES Y PROFESORES
NO HAY CLASES

UNA COMIDA COMPLETA CONSTA DE UN MÍNIMO DE 3 A 5 COMPONENTES, UN ARTÍCULO DEBE SER 1/2 TAZA DE FRUTA O VERDURA

23

Muslo Empanizado con Palito de Pan
Sándwich clásico de queso asado
Envoltura de hummus
Ensalada César De Pollo Con Palitos De Pan
Lado picante: batatas asadas al horno

24

Pollo Tandoori Con Arroz
Nachos de frijoles y queso
Sándwich Deli De Pavo Y Queso
Caja de frutas y Yo-To-Go
Lado Caliente: Maiz Azteca

GALLETA CON CHISPAS DE CHOCOLATE CON CADA COMIDA

25

Pasta penne al horno con palito de pan
Hamburguesa con queso
Ensalada de espinacas con palitos de pan
Wrap De Pollo Crujiente
Lado picante: brócoli asado al horno

26

Pastel de carne casero con palitos de pan
Nuggets de pollo crujientes con palitos de pan
Ensalada de verduras de la huerta con palitos de pan
Caja bento para pizza
Lado picante: puré de patatas

27

Hamburguesa vegetariana
Pizza de queso
Ensalada del chef con palitos de pan
Submarino de pollo teriyaki
Lado picante: batatas fritas

30

Alitas Deshuesadas con Palitos de Pan
Burrito de frijoles y queso
Sándwich Deli De Pavo Y Queso
Ensalada de espinacas con palitos de pan
Lado: Zanahorias pequeñas

TAZA GRANIZADA CON CADA COMIDA

31

Sándwich De Pollo Crujiente
Raviolis De Queso Y Marinara
Envoltura de hummus
Ensalada Fiesta Taco con chips de tortilla
Lado picante: judías verdes sazonadas



MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components:
Meat/Meat Alternative;
Grain; Veggie; Fruit; Milk

ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!

PRECIOS DEL ALMUERZO

TODOS LOS ESTUDIANTES COMEN GRATIS
LECHE A SOLO \$0.55
ADULTO \$4.70

EL MENÚ ESTÁ SUJETO A CAMBIOS