

OCTOBER | 2024



Mini Marauder Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30 Popcorn Chicken Potato Smiles Fresh Fruit White Milk</p>	<p>1 Soft Taco Refried Beans Fresh Fruit White Milk</p>	<p>2 French Bread Pizza Mini Peppers Fresh Fruit White Milk</p>	<p>3 Bosco Sticks Marinara Sauce Green Beans Fresh Fruit White Milk</p>	<p>4 Protein Power Broccoli Fresh Fruit White Milk</p>
<p>7 Rotini and Meat Sauce with Cheesy Bread Italian Vegetables Fresh Fruit White Milk</p>	<p>8 Quesadilla Refried Beans Fresh Fruit White Milk</p>	<p>9 Pizza Crunchers Cauliflower Fresh Fruit White Milk</p>	<p>10 Chicken Nuggets Carrots Fresh Fruit White Milk</p>	<p>11 Hamburger French Fries Fresh Fruit White Milk</p>

Fall Break

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

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