

OCTOBER | 2024

LIFE Center/CORE Program Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30 Popcorn Chicken Cookie Potato Smiles Fresh Fruit Choice of Milk</p>	<p>1 Soft Tacos Refried Beans Fresh Fruit Choice of Milk</p>	<p>2 French Bread Pizza Mini Peppers Fresh Fruit Choice of Milk</p>	<p>3 Bosco Sticks Marinara Sauce Green Beans Fresh Fruit Choice of Milk</p>	<p>4 Orange Chicken Fried Rice Broccoli Fresh Fruit Choice of Milk</p>
<p>7 Rotini and Meat Sauce with Cheesy Bread Italian Vegetables Fresh Fruit Choice of Milk</p>	<p>8 Chicken or Cheese Quesadilla Refried Beans Fresh Fruit Choice of Milk</p>	<p>9 Pizza Crunchers Cauliflower Fresh Fruit Choice of Milk</p>	<p>10 Chicken Nuggets Carrots Fresh Fruit Choice of Milk</p>	<p>11 Hamburger/ Cheeseburger French Fries Fresh Fruit Choice of 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

Daily Alternative Choices:

- Peanut-Free Wowbutter and Jelly Sandwich^V
- Salad Bar
- Yogurt Parfaits- TBD

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