



**Main Lunch Menu**

**October 2024**

This institution is an equal opportunity provider.

Serving Sizes are as follows:

K - 5<sup>th</sup> Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

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

9<sup>th</sup> – 12<sup>th</sup> Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>September 30</b> <b>Turkey &amp; Cheese Sandwich on WW Bread</b> Tomato and Cucumber Salad Fruit Milk	<b>October 1</b> <b>Chicken Taco w/ WW Flour Tortilla</b> Shredded Cheddar Cheese Corn & Black Bean Salad Fruit Milk	<b>October 2</b> <b>Turkey Burger w/ Cheddar Cheese on WG Bun</b> Green Beans Ketchup Fruit Milk	<b>October 3</b> <b>Mac &amp; Cheese w/ WG Pasta</b> Mixed Vegetables Fruit Milk	<b>October 4</b>  <p style="text-align: center;"><b>Early Dismissal</b></p>
<b>October 7</b> <b>Beef Riblet w/BBQ Sauce</b> WG Dinner Roll Green Beans Fruit Milk	<b>October 8</b> <b>Grilled Chicken Pot Pie w/Mixed Vegetables</b> WG Biscuit Fruit Milk	<b>October 9</b> <b>Turkey Ham &amp; Cheese Hoagie on WG Roll</b> w/ Mayonnaise Cucumbers Fruit mayo Milk  <p style="text-align: center;"><b>National Hoagie Day</b></p>	<b>October 10</b> <b>Beef BBQ</b> WG Bun Cauliflower Fruit Milk	<b>October 11</b> <b>Cheese Pizza</b> Celery & Carrots w/ Ranch Fruit Milk
<b>October 14</b> <b>Meatballs in Marinara Sauce</b> WG Hoagie Roll Green Beans Fruit Milk	<b>October 15</b> <b>Grilled Chicken Sandwich</b> WG Bun Celery & Carrot Sticks w/ Ranch Fruit Milk	<b>October 16</b> <b>Turkey Ham and Cheese Sandwich on WW Bread</b> Diced Cucumber Mayonnaise Fruit Milk	<b>October 17</b> <b>Egg Patty &amp; Cheese on WG Bagel</b> Breakfast Potatoes Fruit Milk	<b>October 18</b> <b>Pepperoni Pizza</b> Tator Tots Fruit Milk
<b>October 21;</b> <p style="text-align: center;"><b>Parent/Teacher Conferences</b> <b>No School for students</b></p>	<b>October 22</b> <b>Beef Taco w/ Cheddar Cheese on WW Flour Tortilla</b> Corn & Black Salad Fruit Milk	<b>October 23</b> <b>Beef Hot Dog</b> WG Hot Dog Bun Tator Tots Ketchup Fruit Milk	<b>October 24</b> <b>Mac &amp; Cheese w/ WG Pasta</b> Diced Cucumbers w/ Ranch Fruit Milk	<b>October 25</b> <b>Cheese Pizza</b> Celery & Carrots w/ Ranch Fruit Milk
<b>October 28</b> <b>WG Chicken Fingers</b> Mashed Potatoes Ketchup Fruit Milk	<b>October 29</b> <b>Turkey Sausage</b> String Cheese WG French Toast Broccoli w/ Ranch Fruit Milk	<b>October 30</b> <b>Grilled Cheese Sandwich on WW Bread</b> Celery sticks w/Ranch Fruit Milk	<b>October 31</b> <b>Grilled Chicken w/Salsa</b> Red Beans & Bown Rice Fruit Milk	<b>November 1</b>  <p style="text-align: center;"><b>Early Dismissal</b></p>

**\*\*ALL GRAIN COMPONENTS ARE WHOLE GRAIN RICH\*\***

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, Blueberries