

Monday

Tuesday

Wednesday

Thursday

Friday

Monday, September 30

Beef Hot Dog
Veggie Dog
WG Hot Dog Bun
Baby Carrots-4oz
Baked Beans-2oz
Orange Slices-4 slices
Ketchup & Mustard Packet

Monday, October 7

Buffalo Chicken Sandwich
Veggie Burger
WG Hamburger Bun
Green Beans-4oz
Baked Beans-2oz
Orange Slices-4 slices

Monday, October 14

WG Chicken Nuggets-5 each
GF/DF/EF Veggie Nuggets
WG Bread Slice
Baby Carrots-4oz
Three Bean Salad-2oz
Applesauce-4oz

Monday, October 21

Beef Burger w/ American Cheese
Veggie Burger
WG Hamburger Bun
Baby Carrots-4oz
Pickle Chips-2oz
Applesauce-4oz
Ketchup & Mustard Packet

Monday, October 28

Beef Hot Dog
Veggie Dog
WG Hot Dog Bun
Baby Carrots-4oz
Baked Beans-2oz
Orange Slices-4 slices
Ketchup & Mustard Packet

Tuesday, October 1

Southwest Sweet Chipotle Chicken-2 each
Southern Lentils
Cilantro & Spinach Rice-6oz
Corn Salad-4oz
Cucumber Slices-2oz
Pear Slices-4 slices

Tuesday, October 8

Kung Pao Chicken -2oz
Kung Pao Tofu
(Not So) Fried Rice-6oz
Cucumber Slices-4oz
Peas & Carrots-2oz
Apple Slices-4 slices

Tuesday, October 15

WG Penne(6oz) w/ Tomato Cream Sauce
& Mozzarella Cheese(2oz)
Green Beans-4oz
Italian Cucumber Salad-2oz
Pear Slices-4 slices

Tuesday, October 22

Peri Peri Chicken -2oz
Peri Peri Tofu
Spanish Rice-6oz
Cucumber Salad-4oz
Black Beans-2oz
Apple Slices-4 slices

Tuesday, October 29

Southwest Sweet Chipotle Chicken-2 each
Southern Lentils
Cilantro & Spinach Rice-6oz
Corn Salad-4oz
Cucumber Slices-2oz
Pear Slices-4 slices

Wednesday, October 2

WG Chili Mac- 8oz
w/ Cheddar Cheese-0.5oz
Green Beans-4oz
Celery Sticks-2oz
Applesauce-4oz

Wednesday, October 9

WG Mac N Cheese
Steamed Carrots-4oz
Lemony Chickpea Salad-2oz
Pear Slices-4 slices

Wednesday, October 16

Chicken Tinga Taco
Veggie Taco
WG Flour Tortilla
Corn-4oz
Seasoned Black Beans-2oz
Apple Slices-4 slices

Wednesday, October 23

WG Rotini Mostaccioli- 8oz
Garlic Green Beans-4oz
Cherry Tomato-2oz
Pear Slices-4 slices

Wednesday, October 30

WG Chili Mac- 8oz
w/ Cheddar Cheese-0.5oz
Green Beans-4oz
Celery Sticks-2oz
Applesauce-4oz

Thursday, October 3

Red Pozole w/ Chicken- 8oz
Vegetarian Red Pozole
WG Tortilla Chip-10
Cabbage-4oz
Three Bean Salad-2oz
Pineapple-4oz

Thursday, October 10

Salisbury Steak w/ Mushroom Gravy
Veggie Meatloaf w/ Gravy
WG Rotini Pasta
Broccoli-4oz
GF/DF/EF Coleslaw-2oz
Pineapple-4oz

Thursday, October 17

Turkey Chili
Three Bean Chili
Corn Bread- 1 each
Roasted Potatoes-4oz
Honey Glazed Carrots-2oz
Melon-4oz

Thursday, October 24

Garlic & Herb Baked Chicken
Veggie Meatloaf w/ Gravy
Corn Bread- 1 each
Roasted Potato-4oz
Honey Glazed Carrots-2oz
Pineapple-4oz

Thursday, October 31

Red Pozole w/ Chicken- 8oz
Vegetarian Red Pozole
WG Tortilla Chip-10
Cabbage-4oz
Three Bean Salad-2oz
Pineapple-4oz

Friday, October 4

Grilled Cheese Sandwich
Broccoli-4oz
Red Pepper Strips-2oz
Fruit Salad CHP-4oz

Friday, October 11

Scrambled Eggs
WG Pancakes (2) w/ Syrup
Roasted Potatoes-4oz
Red Pepper Strips-2oz
Melon-4oz

Friday, October 18

WG Pizza Muffin-2 each
Broccoli-4oz
Marinara Sauce-2oz
Celery Sticks-2oz
Fruit Salad CHP-4oz

Friday, October 25

Garlic Herb Cheese Pizza
Broccoli-4oz
Italian Chickpea Salad-2oz
Fruit Salad CHP-4oz

Friday, November 1

Grilled Cheese Sandwich
Broccoli-4oz
Red Pepper Strips-2oz
Fruit Salad CHP-4oz

FALL

K-8 Hot Lunch

October 2024

*This institution is an equal opportunity provider

**Two milk options offered with each meal