

Willmar Middle School (6th -8th), Lake Park (6th – 12th), and ALC (9th -12th)

October 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Menu Subject to Product Availability</p>	<p align="right">Oct 1</p> <p>Chicken Fajita Meat with Shredded Cheese, Soft Shell, and Spanish Rice or Meatball Sub Sandwich on Homemade Sub Roll Steamed Black Beans Romaine Lettuce Petite Banana Chilled Peaches (9-12)</p>	<p align="right">Oct 2</p> <p>Cheeseburger on Wheat Bun or Cheese Quesadilla Pizza with Salsa Sweet Potato French Fries Creamy Coleslaw Chilled Strawberry Slices Chilled Pears (9-12)</p>	<p align="right">Oct 3</p> <p>Homemade Lasagna with Garlic Toast or Yogurt Parfait with Sunflower Seeds and Sliced Whole Wheat Bread Steamed Broccoli Baby Whole Carrots Fresh Fruit Selection Chilled Mixed Fruit (9-12)</p>	<p align="right">Oct 4</p> <p align="center">No School</p> <p align="center">This Institution is an Equal Opportunity Provider</p> <p align="center">Skim or Chocolate Lowfat Milk Offered daily</p>
<p align="right">Oct 7</p> <p>Chicken Alfredo with Whole Grain Rotini Pasta and Garlic Toast or Chicken Quesadilla Pizza with Salsa Seasoned Green Beans Baby Whole Carrots Chilled Peaches Chilled Strawberry Applesauce (9-12)</p>	<p align="right">Oct 8</p> <p>Homemade Chili with Shredded Cheese and Frosted Whole Grain Cinnamon Roll or All Beef Hot Dog on Whole Grain Bun with Baked Beans Fresh Celery Sticks with Ranch Dip Honeydew Melon Cubes Chilled Pears (9-12)</p>	<p align="right">Oct 9</p> <p>Sloppy Joe on Wheat Bun or Stuffed Crust Cheese Pizza Sweet Potato French Fries Garden Green Salad with Lite Ranch Dressing Fresh Whole Pear Chilled Applesauce (9-12)</p>	<p align="right">Oct 10</p> <p>Apple Crunch Day Popcorn Chicken with Chicken Gravy, and Buttermilk Biscuit or Apple Pie Yogurt Parfait with Sunflower Seeds and Sliced Whole Wheat Bread Mashed Potatoes Golden Whole Kernel Corn Fresh Local Whole Apple Chilled Peaches (9-12)</p>	<p align="right">Oct 11</p> <p>Pepperoni or Cheese Domino's Pizza or Individual Round Cheese Pizza (Lake Park) or Buffalo Chicken Wrap Steamed Broccoli Fresh California Blend Vegetables with Ranch Dip Fresh Fruit Selection Chilled Mixed Fruit (9-12)</p>
<p align="right">Oct 14</p> <p>National School Lunch Week: Whole Grain Mini Corn Dogs or Individual Round Cheese Pizza Garden Green Salad with Lite Ranch Dressing Fresh Mini Sweet Peppers Chilled Diced Pears Chilled Applesauce (9-12)</p>	<p align="right">Oct 15</p> <p>*New Menu* Nacho Waffle Fries: Waffle Fries with Beef Taco Meat, Cheese Sauce, and Cilantro Lime Brown Rice or Chicken Caesar Wrap Steamed Black Beans Shredded Romaine Lettuce Fresh Watermelon Cubes Chilled Peaches (9-12)</p>	<p align="right">Oct 16</p> <p>Orange You Glad Day: Boneless Chicken Wings or Hot and Spicy Boneless Wings with Sauce Selection and Dinner Roll or Domino's Pizza (ALC ONLY) or Stuffed Crust Cheese Pizza Steamed Crinkle Cut Carrots Fresh California Blend Vegetables with Ranch Dip Assorted Fruit Selection Assorted Fruit (9-12)</p>	<p align="right">Oct 17</p> <p align="center">No School</p> <p align="center">Please note: First Entree Listed = Main Choice; Second Entree Listed = Alternate Choice</p> <p align="center">Deli Meat is sliced lowfat turkey breast or turkey ham</p>	<p align="right">Oct 18</p> <p align="center">No School</p> <p align="center">Allergy Information: The menus may contain one or more of the following ingredients: milk, eggs, soy, wheat, peanuts, or tree nuts</p> 
<p align="right">Oct 21</p> <p>Farm to School: Hamburger Gravy with Buttermilk Biscuit or Yogurt Parfait with Sunflower Seeds and Whole Wheat Sliced Bread Mashed Potatoes Baby Whole Carrots Fresh Local Apple Chilled Pears (9-12)</p>	<p align="right">Oct 22</p> <p>Taco Tuesday: Reduced Fat Dorito Chips with Beef Taco Meat, Shredded Cheese, and Spanish Rice or Chicken Quesadilla Pizza Refried Beans Shredded Romaine Lettuce Fresh Pineapple Chunks Chilled Mixed Fruit (9-12)</p>	<p align="right">Oct 23</p> <p>General Tso's Chicken with Seasoned Brown Rice or Hot Turkey and Cheese on Wheat Bun Steamed Broccoli Baby Whole Carrots Fresh Whole Pear Chilled Applesauce (9-12)</p>	<p align="right">Oct 24</p> <p>Homemade Tator Tot Casserole with Whole Wheat Dinner Roll or BBQ Pork on Whole Wheat Bun with Tator Tots Golden Whole Kernel Corn Petite Banana Chilled Peaches (9-12)</p>	<p align="right">Oct 25</p> <p>French Bread Garlic Cheese Pizza with Italian Dipping Sauce or Turkey Ranch Wrap Seasoned Green Beans Fresh California Blend Vegetables with Ranch Dip Fresh Fruit Selection Chilled Strawberry Applesauce (9-12)</p>
<p align="right">Oct 28</p> <p>Mandarin Orange Chicken with Seasoned Brown Rice or Stuffed Crust Cheese Pizza Garden Green Peas Baby Whole Carrots Warm Cinnamon Apple Slices Chilled Mixed Fruit (9-12)</p>	<p align="right">Oct 29</p> <p>Chicken Fajita Meat with Shredded Cheese, Soft Tortilla Shell, and Seasoned Brown Rice or Cheese Quesadilla Pizza Steamed Black Beans Shredded Romaine Lettuce Chilled Strawberry Slices Chilled Pears (9-12)</p>	<p align="right">Oct 30</p> <p>Cheeseburger on Wheat Bun or Meatball Sub Sandwich on Homemade Sub Roll Sweet Potato French Fries Baby Whole Carrots and Celery Sticks with Ranch Dip Chilled Peaches Chilled Applesauce (9-12)</p>	<p align="right">Oct 31</p> <p>Homemade Lasagna with Garlic Toast or Yogurt Parfait with Sunflower Seeds and Sliced Whole Wheat Bread Crisp Caesar Salad with Dressing Fresh Cucumber Slices with Ranch Dip Petite Banana Assorted Fruit (9-12)</p>	<p align="center">FARM TO TABLE</p> 

