



# October 2024

**Coleman, MAP,  
& Early College  
Lunch**

**All Lunch meals come  
with a choice of Low Fat  
Milk or Fat Free  
Chocolate Milk, and the  
choice of Fruit of the  
Day or 100% Fruit Juice**

## Daily Options

- A rotating sandwich option each day. The available options include sunflower butter sandwich, Cheese sandwich, grilled cheese sandwich, and toasted turkey and cheese sandwich.

MON	TUE	WED	THU	FRI
	1 Toasted Cheese Sandwich French Toast Sticks & Turkey Sausage Patties Cheesy Broccoli Celery Sticks	2 Crispy Beef Tacos Chicken Quesadillas Charro Beans Fiesta Salad Salsa Salad	3 Personal Cheese/Pepperoni Pizza Beef Lasagna Dinner Roll Buttered Carrots Go Garden Salad	4 Spicy Chicken Sandwich Macaroni & Cheese Dinner Roll Steamed Broccoli Mashed Potatoes
7 Breaded Beef Fingers Classic American Cheeseburger Crinkle Cut Fries Sandwich Topper	8 Corn Dog Tangerine Chicken & Rice Cheesy Broccoli Baby Carrots Crinkle Cut Fries	9 Pork & Cheese Tamales Frito Pie Fiesta Salad Refried Beans Potato Smiles Fries	10 Personal Cheese/Pepperoni Pizza Chicken Alfredo Breadstick Go Garden Salad Sliced Cucumber	11 Pollock Potato Nugget Tachos Dinner Roll Baby Carrots Tater Tots
14	15	16 Beef Nachos Three Cheese Enchiladas Charro Beans Fiesta Salad Potato Smiles Fries	17 Penne Bolognese Pepperoni Calzone Chef Salad Sliced Cucumber Crinkle Cut Fries	18 Salisbury Steak Three Cheese Macaroni & Cheese Dinner Roll Buttered Carrots Mashed Potatoes
21 Classic American Cheeseburger Chicken & Waffles Baby Carrots Crinkle Cut Fries	22 Corn Dog General TSO Chicken & Rice Cheesy Broccoli Buttered Carrots Crinkle Cut Fries	23 Beef, Bean & Cheese Burrito Chicken & Cheese Crispito Fiesta Salad Refried Beans	24 Personal Cheese/Pepperoni Pizza Chicken Parmesan Go Garden Salad Steamed Broccoli	25 Country Steak Sandwich Breaded Mozzarella Sticks Potato Smiles Fries Sandwich Topper
28 Crispy Popcorn Chicken Buffalo Chicken Cavatappi Dinner Roll Baby Carrots Crinkle Cut Fries	29 Toasted Cheese Sandwich French Toast Sticks & Turkey Sausage Patties Cheesy Broccoli Celery Sticks	30 Crispy Beef Tacos Chicken Quesadillas Charro Beans Fiesta Salad Salsa Salad	31 Personal Cheese/Pepperoni Pizza Beef Lasagna Dinner Roll Buttered Carrots Go Garden Salad	

**Menus Are Subject to  
Change Without Notice**

**This Institution Is An Equal Opportunity Provider**