

K-5 Lunch

*Elementary School
Lunch Menu
Fall 2024*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Oct 14	Oct 15	Oct 16	Oct 17	Oct 18
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> No Students Professional Learning Day 	<ul style="list-style-type: none"> BBQ Chicken w/ Dinner Roll Seasoned Green Beans Seas. Carrots Fresh Fruit 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Corn Dog Baked Beans Seasoned Broccoli Fresh Fruit Applesauce Cup Assorted Milk 	<ul style="list-style-type: none"> Popcorn Chicken Mixed Vegetables Mashed Potatoes Fresh Fruit 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Big Daddy's Pizza Garden Salad Seasoned Corn Fresh Fruit Mixed Fruit Assorted Milk
<i>Week 2</i>	Oct 21	Oct 22	Oct 23	Oct 24	Oct 25
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> Crispy Chicken Sandwich Pickle Spears (2) Potato Wedges Fresh Fruit Chilled Peaches Assorted Milk 	<ul style="list-style-type: none"> Taco Seas. Beef w/ Tortilla Chips Ranchero Beans Salsa Cup Fresh Fruit 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Sweet & Sour Chicken Rice Bowl Green Beans Seasoned Corn Fresh Fruit Chilled Pears Assorted Milk 	<ul style="list-style-type: none"> Sea Shapes Fish Nuggets w/ Mac & Cheese Seasoned Broccoli Fresh Fruit 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Big Daddy's Pizza Garden Salad Seasoned Corn Fresh Fruit Chilled Pineapple Assorted Milk
<i>Week 3</i>	Oct 28	Oct 29	Oct 30	Oct 31	No 1
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> Hot Dog Baked Beans Seasoned Corn Fresh Fruit Mandarin Oranges Assorted Milk 	<ul style="list-style-type: none"> Mini Mozz Bites Marinara Cup Green Beans Fresh Fruit 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Chicken Nuggets w/ Biscuit Steamed Broccoli Fries or Wedges Fresh Fruit Applesauce Cup Assorted Milk 	<ul style="list-style-type: none"> Teriyaki Chicken Dumplings (6) Seasoned Carrots Seasoned Peas Local VA Apple 100% Fruit Juice 	<ul style="list-style-type: none"> Big Daddy's Pizza Garden Salad Seasoned Corn Fresh Fruit Craisins Assorted Milk

Alternative Daily Entree Option

- Yogurt + Granola - Mon & Wed
- Yogurt w/ Cheese & Crackers - Tue
- Entree Salad w/ Roll - Mon - Fri
- Hummus Cup, Cheese Stick w/ Tortilla Chips & Manager's Fresh Vegetable Choice - Mon - Fri

Nutrition Bites

- Get ready to *crunch!* On October 10th, bite into a fresh, locally grown Virginia apple and join us in celebrating the Crunch Heard 'Round the Commonwealth!
- Learn more about Farm to School: <https://www.farmtoschool.org/about/what-is-farm-to-school>
- Celebrate National School Lunch Week, October 14-18. School Lunch Pirates: Find your treasure!

Lunch includes:
Choice of 1 Entree,
1-2 Vegetables, 1 Fruit,
and 1 Milk

Menu subject to change due
to item availability

Vegetarian Options
Available Upon Request