

A program meal must include foods from at least 3 food groups. One item must be a ½ of vegetables or either ½ cup of fresh fruit or 100% fruit juice to follow USDA guidelines for the NSLP

NOTES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Dates That Rate:

10/1- World Vegetarian Day
10/5-10/9-Limited Time Offer-Southwest Crunch Burger
10/30 Early Dismissal

Download the MYSCHOOLBUCKS app to add money to your student's lunch account & track purchases

World Vegetarian Day ¹

Grilled Cheese Melt
Chicken Tenders
Apple & Yogurt Plate
PB & J Pack
Pretzel & Cheese Pack
Fresh Pepper Strips
Craisins

Chicken Dumplings
with Rice
Chicken Tenders
Apple & Yogurt Plate
PB & J Pack
Pretzel & Cheese Pack
Applesauce
Steamed Broccoli

⁵
Blueberry Pancakes
& Sausage
Southwest Crunch Burger
Chicken Caesar Salad
PB & J Pack
Ham & Cheese
Fresh Orange Slices
Crisp Cucumber Slices

⁶
Chicken & Cheese Fajitas
Southwest Crunch Burger
Chicken Caesar Salad
PB & J Pack
Ham & Cheese
Pineapple Tidbits
Steamed Corn

⁷
Cheese Pizza
Pepperoni Pizza
Chicken Caesar Salad
PB & J Pack
Ham & Cheese
Farm Fresh Apple
Baby Carrots

⁸
Meatball Sub
Southwest Crunch Burger
Chicken Caesar Salad
PB & J Pack
Ham & Cheese
Fresh Pepper Strips
Craisins

⁹
Chicken Nuggets
w Breadstick
Southwest Crunch Burger
Chicken Caesar Salad
PB & J Pack
Ham & Cheese
Applesauce
Mixed Veggies

¹²
Bacon Egg & Cheese
Bagel
Pizza Dippers w Marinara
BYO Pizza
PB & J Pack
Cheese Sandwich
Fresh Orange Slices
Cherry Tomatoes

¹³
Frito Nacho Bowl
Pizza Dippers w Marinara
BYO Pizza
PB & J Pack
Cheese Sandwich
Pineapple Tidbits
Steamed Corn

¹⁴
Cheese Pizza
Hawaiian Pizza
BYO Pizza
PB& J Pack
Cheese Sandwich
Farm Fresh Apple
Baby Carrots

¹⁵
Lasagna Roll
Pizza Dippers w Marinara
BYO Pizza
PB & J Pack
Cheese Sandwich
Fresh Pepper Strips
Craisins

¹⁶
Cheeseburger
Pizza Dippers w Marinara
BYO Pizza
PB & J Pack
Cheese Sandwich
Applesauce
Steamed Broccoli

¹⁹
Jumbo Waffles & Tots
Chicken Patty Sandwich
Taco Salad
Bagel Bundle
PB & J Pack
Fresh Orange Slices
Cucumber Tomato Salad

Taco Tuesday ²⁰
Chicken & Cheese Tacos
Chicken Patty Sandwich
Taco Salad
Bagel Bundle
PB & J Pack
Pineapple Tidbits
Mexi-Corn

²¹
Cheese Pizza
Chicken Bacon Ranch Pizza
Taco Salad
Bagel Bundle
PB & J Pack
Farm Fresh Apple
Baby Carrots

²²
Chicken Parm Sandwich
Chicken Patty Sandwich
Taco Salad
Bagel Bundle
PB & J Pack
Fresh Pepper Strips
Craisins

²³
Corn Dog on a Stick
Chicken Patty Sandwich
Taco Salad
Bagel Bundle
PB & J Pack
Applesauce
Mixed Veggies

²⁶
Confetti Pancakes
w/Seasoned Potatoes
Grilled Cheese
Chicken Caesar Wrap
Pumpkin Loaf & Yogurt
PB & J Pack
Fresh Orange Slices
Cucumber Slices

²⁷
Bean & Cheese Burrito
Grilled Cheese
Chicken Caesar Wrap
Pumpkin Loaf & Yogurt
PB & J Pack
Pineapple Tidbits
Steamed Corn

²⁸
Cheese Pizza
Meat Lovers Pizza
Chicken Caesar Wrap
Pumpkin Loaf & Yogurt
PB & J Pack
Farm Fresh Apple
Baby Carrots

²⁹
Grilled Ham & Cheese
w/Tomato Soup
Grilled Cheese
Chicken Caesar Wrap
Pumpkin Loaf & Yogurt
PB & J Pack
Fresh Pepper Strips
Craisins

