





OCTOBER 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 All American Burger Bar All Beef Burger Assorted Rolls & Cheese Tomato, Lettuce & Onions Roasted Green Beans Fresh Fruit	3 Taco Tuesday Seasoned Beef Tostitos Scoops Black Beans Fresh Cucumber Coins Fresh Fruit	4 Cinnamon Swirl French Toast Scrambled Eggs Crispy Turkey Bacon Fresh Red & Green Pepper Strips Fresh Fruit	5 Tyson Chicken Nuggets Fresh Baked Breadstick Seasoned Broccoli Oven Baked French Fries Fresh Fruit	6 Bosco's Cheese Stuffed Sticks Marinara Dipping Sauce Roasted Carrots Fresh Celery Sticks Fresh Fruit
9 NO SCHOOL 	10 BBQ Pulled Pork Hero on a bun Shredded Cheddar Cheese Green Beans and Potato Fresh Carrot Sticks Fresh Fruit	11 Macaroni & Cheese Garlic Breadstick Seasoned Mixed Vegetables Fresh Cucumber Coins Fresh Fruit	12 Tyson Chicken Nuggets Fresh Baked Breadstick Seasoned Broccoli Oven Baked French Fries Fresh Fruit	13 Calzone Choose from Ham & Cheddar Cheese or Pepperoni & Cheese Fresh Roasted Fresh Carrots Fresh Red & Green Pepper Strips Fresh Fruit

National School Lunch Week - School Lunch helps students power through the day!

16 Pasta & Meatball Garlic Bread Seasoned Mixed Vegetables Chic Pea Salad Fresh Fruit	 17 Gyro Sliced Beef Fresh Tzatziki Sauce Fresh Cucumbers & Tomato Seasoned Green Beans Fresh Fruit	18 Maple Glazed French Toast Scrambled Eggs Crispy Turkey Bacon Fresh Red & Green Pepper Strips Fresh Fruit	19 Tyson Chicken Nuggets Fresh Baked Breadstick Roasted Broccoli Roasted Herb Potato Fresh Fruit	20 Pizza Choose from Cheese or Buffalo Chicken Seasoned Mixed Vegetables Fresh Baby Carrots Fresh Fruit
23 Mozzarella Sticks Marinara Dipping Sauce BBQ Baked Black Beans Fresh Baby Carrots Fresh Fruit	24 Chicken Ranch Wrap Lettuce & Tomato Steamed Green Beans Fresh Celery Sticks Fresh Fruit	 25 Italian Combo Sub Turkey Ham, Salami, Pepperoni Provolone Lettuce & Tomato Topped with your favorite dressing Seasoned Carrots Fresh Fruit	26 Tyson Chicken Nuggets Fresh Baked Breadstick Seasoned Broccoli Roasted Herb Potato Fresh Fruit	27 Baked Ziti Garlic Bread Seasoned Mixed Vegetables Marinated Cool Cucumbers Fresh Fruit
30 Herbed Baked Chicken Macaroni & Cheese Seasoned Green Beans Fresh Celery Sticks Fresh Fruit	31 Taco Tuesday Seasoned Beef Tostitos Scoops Black Beans Fresh Carrot Sticks Fresh Fruit			A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, two (2) fruit side dishes and a choice of milk which includes, 1% white, fat free white & skim chocolate.

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Choose as an Alternate Fruit or Vegetable With Any Meal:
 Dark Leafy Greens, Seasonal Vegetables and Fresh Fruit

Additional Daily Lunch Offerings:

Pizza: Variety of Pizza Daily
Deli Bar: Boar's Head (or equivalent) made-to-order sandwiches
Side Salads: Mon: Chick Pea; Tues: Three Bean Salad; Wed: Corn & Black Bean; Thurs: Coleslaw; Fri: Cucumber & Tomato
Entrée Salads: Offered Daily
Chicken Patties: Offered Mon, Wed, Fri
Hot Dogs & Hamburgers: Offered Tues & Thurs
Bagel Meal: Fresh Bagel with All-Natural Yogurt and/or Cheese and Fruit, Vegetable and Milk
Yogurt Parfait: All-Natural Yogurt with Granola and Fruit

Menu is subject to change

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