



**October 2022**



**For Sandwich or Salad:**

Turkey, Ham, Tuna, Hard Boiled Egg, Egg Salad or Diced Chicken

**OFFERED DAILY**

Assorted Fruit Cups  
Assorted **Fresh Fruit**  
Assorted Veggie Sticks  
Side Salads

**MILK**  
Chocolate, 1% & Lactaid

- Lunch Includes:**
- \* Main Meal, Salad, Sandwich or Parfait
  - \*Milk
  - \*Fruit
  - \* Vegetable
  - \* Water

Monday	Tuesday	Wednesday	Thursday	Friday
3 Crispy Chicken Bowl w/ Mashed Potato, Corn, Gravy & Dinner Roll	4 Chicken Nuggets, Fries, Bread & Steamed Carrots	5 Cheese Lasagna, Green Beans & Garlic Bread	6 Sloppy Joe, Baked Beans & Fries	7 Assorted Pizza & Caesar Salad
10 No School	11 Macaroni & Cheese, Baked Beans & Dinner Roll	12 Early Release Day	13 Italian Sub, Green Beans & Fries	14 Assorted Pizza & Caesar Salad
17 Teriyaki Beef Stir Fry Bowl	18 Chicken Nuggets, Fries, Bread & Steamed Carrots	19 American Chop Suey, Green Beans & Garlic Bread	20 Turkey Club, Corn & Fries	21 Assorted Pizza & Caesar Salad
24 Orange Chicken Bowl & Dinner Roll	25 Cheese Pizza Quesadilla, Salsa, Sour Cream & Steamed Carrots	26 Spaghetti & Meatballs, Green Beans & Garlic Bread	27 Linguica Sandwich, Baked Beans & Fries	28 Assorted Pizza & Caesar Salad
31 Steak & Cheese Sub w/Peppers, Onions & Mushrooms & Corn				

Monday
Crispy Chicken
Tuesday
Hamburger Wrap or Big Mac Wrap *Fries offered with all sandwiches* Build -A- Burger
Wednesday
Crispy Chicken
Thursday
Beef Taco Burritos or Nachos *Fries offered with all sandwiches* Chicken Patty
Friday
Crispy Chicken

**Weekly Alternative Lunch Menu**

 **THE STOVETOP** HOT LUNCHES

**Tuesday** Build-a-burger

**Wednesday** Ham & Cheese Croissant

**Thursday** Chicken Patty

All students receive 1 FREE Meal  
Second meal price -  
Student Lunch \$3.75 Milk 50¢  
Adult Lunch \$4.75

Prepay lunches - **Cashless Environment** - No money accepted at the registers unless in an envelope w/all info.

Please look for our weekly menu, on-line for any changes

\*\* One Bottle of Water FREE with All Meals at time of service.  
After service or without a meal \$1.00