

# October 2022

## Elementary School Lunch

MON	TUE	WED	THU	FRI
<p><b>3 Entrees</b> Personal Cheese Pizza <b>V</b> Batter Up Beef Frank</p> <p><b>Sides (3-4)</b> French Fries Steamed Broccoli Chilled Peaches Assorted Juice</p> <p><b>Grab N Go</b> Vegetarian Chef Salad <b>V</b></p>	<p><b>4 Entrees</b> Chicken Chunks with Texas Toast Grilled Cheese <b>V</b></p> <p><b>Sides (3-4)</b> Tossed Salad Roasted Sweet Potato Diced Pears Assorted Fresh Fruit</p> <p><b>Grab N Go</b> Charbroiled Chicken Chef Salad</p>	<p><b>5 Entrees</b> Buffalo Chicken Dip With Tortilla Chips Hamburger</p> <p><b>Sides (3-4)</b> Celery &amp; Carrot Sticks Whole Kernel Corn Chilled Fruit Medley Fresh Banana</p> <p><b>Grab N Go</b> Yogurt and Fruit Plate</p>	<p><b>6 Entrees</b> Bean &amp; Cheese Burrito <b>V</b> Breaded Beef Sandwich</p> <p><b>Sides (3-4)</b> Mixed Green Salad Fiesta Black Beans Applesauce Assorted Juice</p> <p><b>Grab N Go</b> Chicken Tender Chef Salad</p>	<p>7</p> <p>Professional Development Day</p>
<p>10</p> <p><i>Fall Break</i></p> 	<p><b>11 Entrees</b> Beef &amp; Cheese Nachos Cheese Nachos <b>V</b> Grilled Chicken Sandwich</p> <p><b>Sides (2-3)</b> Shredded Lettuce &amp; Tomato Mexicali Corn Mandarin Oranges Fresh Banana</p> <p><b>Grab N Go</b> Fajita Chicken Chef Salad</p>	<p><b>12 Entrees</b> Wild Mike's Cheese Pizza <b>V</b> Wild Mike's Pepperoni Pizza Texas BBQ Sandwich</p> <p><b>Sides (2-3)</b> Mixed Green Salad Roasted Carrots Chilled Pineapple Assorted Fresh Fruit</p> <p><b>Grab N Go</b> Chicken Tender Chef Salad</p>	<p><b>13 Entrees</b> BBQ Chicken/Roll Breaded Beef Steak/Gravy/Roll</p> <p><b>Sides (2-3)</b> Mashed Potatoes Deluxe Green Beans Cinnamon Applesauce Assorted Fresh Fruit</p> <p><b>Grab N Go</b> Vegetarian Chef Salad</p>	<p><b>14 Entrees</b> Mini Cheese Calzone with Italian Dipping Sauce Fish Filet Sandwich</p> <p><b>Sides (2-3)</b> Power Kale Salad Baked Sweet Potato Chilled Fruit Medley Seasonal Fresh Fruit</p> <p><b>Grab N Go</b> Club Shaker Salad</p>
<p><b>17 Entrees</b> Personal Cheese Pizza <b>V</b> Batter Up Beef Frank</p> <p><b>Sides (3-4)</b> French Fries Broccoli Chilled Peaches Assorted Juice</p> <p><b>Grab N Go</b> Vegetarian Chef Salad <b>V</b></p>	<p><b>18 Entrees</b> Chicken Chunks with Texas Toast Grilled Cheese <b>V</b></p> <p><b>Sides (2-3)</b> Tossed Salad Roasted Sweet Potato Diced Pears Assorted Fresh Fruit</p> <p><b>Grab N Go</b> Charbroiled Chicken Chef Salad</p>	<p><b>19 Entrees</b> Buffalo Chicken Dip With Tortilla Chips Hamburger</p> <p><b>Sides (2-3)</b> Celery &amp; Carrot Sticks Whole Kernel Corn Chilled Fruit Medley Fresh Banana</p> <p><b>Grab N Go</b></p>	<p><b>20 Entrees</b> Bean &amp; Cheese Burrito <b>V</b> Breaded Beef Sandwich</p> <p><b>Sides (2-3)</b> Mixed Green Salad Fiesta Black Beans Applesauce Assorted Juice</p> <p><b>Grab N Go</b> Chicken Tender Chef Salad</p>	<p><b>21 Entrees</b> Chicken Tenders/Roll Veggie Burger <b>v</b></p> <p><b>Sides (2-3)</b> Garden Salad Italian Green Beans Mandarin Oranges Assorted Fresh Fruit</p> <p><b>Grab N Go</b> Fajita Chicken Chef Salad</p>
<p><b>24 Entrees</b> Stuffed Cheese Bites <b>V</b> Cheeseburger</p> <p><b>Sides (2-3)</b> Coleslaw Baked Beans Diced Pears Seasonal Fresh Fruit</p> <p><b>Grab N Go</b> Nut Butter &amp; Jelly Plate <b>V</b></p>	<p><b>25 Entrees</b> Beef &amp; Cheese Nachos Cheese Nachos <b>V</b> Grilled Chicken Sandwich</p> <p><b>Sides (2-3)</b> Shredded Lettuce &amp; Tomato Mexicali Corn Mandarin Oranges Fresh Banana</p> <p><b>Grab N Go</b> Fajita Chicken Chef Salad</p>	<p><b>26 Entrees</b> Wild Mike's Cheese Pizza <b>V</b> Wild Mike's Pepperoni Pizza Texas BBQ Sandwich</p> <p><b>Sides (2-3)</b> Mixed Green Salad Roasted Carrots Chilled Pineapple Assorted Fresh Fruit</p> <p><b>Grab N Go</b> Chicken Tender Chef Salad</p>	<p><b>27 Entrees</b> BBQ Chicken/Roll Breaded Beef Steak/Gravy/Roll</p> <p><b>Sides (2-3)</b> Mashed Potatoes Deluxe Green Beans Cinnamon Applesauce <b>F2S Zucchini &amp; Basil</b></p> <p><b>Grab N Go</b> Vegetarian Chef Salad</p>	<p><b>28 Friday! Friday!</b></p> <p><b>Entrees</b> Mini Cheese Calzone with Italian Dipping Sauce Roasted Chicken Wings</p> <p><b>Sides (2-3)</b> Power Kale Salad Baked Sweet Potato Chilled Fruit Medley Seasonal Fresh Fruit</p> <p><b>Grab N Go</b> Club Shaker Salad</p> <p>With : Welch's Fruit Slushie</p>
<p><b>31 Entrees</b> Personal Cheese Pizza <b>V</b> Batter Up Beef Frank</p> <p><b>Sides (2-3)</b> French Fries Broccoli Chilled Peaches Assorted Juice</p> <p><b>Grab N Go</b> Vegetarian Chef Salad <b>V</b></p> <p>With: EEK Frozen Ice</p>	<p><b>1 Entrees</b> Chicken Chunks with Texas Toast Grilled Cheese <b>V</b></p> <p><b>Sides (2-3)</b> Tossed Salad Roasted Sweet Potato Diced Pears Assorted Fresh Fruit</p> <p><b>Grab N Go</b> Charbroiled Chicken Chef Salad</p>	<p><b>2 Entrees</b> Buffalo Chicken Dip With Tortilla Chips Hamburger</p> <p><b>Sides (2-3)</b> Celery &amp; Carrot Sticks Whole Kernel Corn Chilled Fruit Medley Fresh Banana</p> <p><b>Grab N Go</b> Yogurt and Fruit Plate</p>	<p><b>3 Entrees</b> Bean &amp; Cheese Burrito <b>V</b> Breaded Beef Sandwich</p> <p><b>Sides (2-3)</b> Mixed Green Salad Fiesta Black Beans Applesauce Assorted Juice</p> <p><b>Grab N Go</b> Chicken Tender Chef Salad</p>	<p><b>4 Entrees</b> Chicken Tenders/Roll Veggie Burger <b>v</b></p> <p><b>Sides (2-3)</b> Garden Salad Italian Green Beans Mandarin Oranges Assorted Fresh Fruit</p> <p><b>Grab N Go</b> Fajita Chicken Chef Salad</p>

This institution is an equal opportunity provider.  
Milk available with all meals.