

# Lunch K-8

**OCTOBER 2024**

MON	TUE	WED	THU	FRI
	<p>1 Chicken Tenders w/ Ketchup &amp; Roasted Potatoes <b>or</b> Protein Pasta Alfredo w/ Whole-Wheat Bread Slice &amp; Peas (V) Fresh Pear</p>	<p>2 Turkey Hot Dog w/ Ketchup &amp; Baked Beans <b>or</b> Spanish Rice w/ Beans &amp; Cheese (V) <b>Fresh Apple</b></p>	<p>3 Chicken Caesar Salad w/ Pita Bread &amp; Ranch Dressing <b>or</b> Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana</p>	<p>4 Chicken Breast Sandwich w/ Mayo <b>or</b> French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing <b>Fresh Apple</b></p>
<p>7 Beef Cheeseburger w/ Ketchup <b>or</b> Egg &amp; Cheese Sandwich w/ Ketchup (V) Roasted Potatoes <b>Fresh Apple</b></p>	<p>8 Turkey Salsa Bowl w/ Ranchero Rice &amp; Pinto Beans <b>or</b> Latin Bean Melt Flatbread (V) Fresh Pear</p>	<p>9 Spaghetti &amp; Beef Meatballs in Tomato Sauce w/ Broccoli <b>or</b> NEW Thai Noodle Salad Garden Side Salad w/ Italian Dressing (V) <b>Fresh Apple</b></p>	<p>10 Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing <b>or</b> Cobb Salad w/ Pita Bread (V) Fresh Banana</p>	<p>11 Turkey &amp; Cheese Sandwich w/ Mayo <b>or</b> Cheese Pizza (V) Baby Carrots w/ Ranch Dressing <b>Fresh Apple</b></p>
<p>14</p>	<p>15 Beef Meatballs in Tomato Sauce w/ Club Roll <b>or</b> Home-Style Macaroni &amp; Cheese (V) Broccoli Fresh Pear</p>	<p>16 Breaded Chicken Cutlet Sandwich w/ Hot Sauce <b>or</b> French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes <b>Fresh Apple</b></p>	<p>17 Adobo Chicken w/ Cilantro Brown Rice &amp; Street Corn <b>or</b> Veggie Burger w/ Ketchup &amp; Roasted Potatoes (V) Fresh Banana</p>	<p>18 Egg Salad Sandwich (V) <b>or</b> French Bread Cheese Pizza (V) Celery w/ Ranch Dressing <b>Fresh Apple</b></p>
<p>21 Meatloaf w/ Gravy, Mashed Potatoes &amp; Whole-Wheat Bun <b>or</b> Cheese Quesadilla w/ Sour Cream and Street Corn (V) <b>Fresh Apple</b></p>	<p>22 BBQ Chicken w/ Brown Rice &amp; Baked Beans <b>or</b> Spanish Rice w/ Cheese &amp; Beans (V) Fresh Pear</p>	<p>23 Buffalo Chicken Melt Flatbread Celery Sticks w/ Ranch Dressing <b>or</b> Cheese Raviolis w/ Green Beans (V) <b>Fresh Apple</b></p>	<p>24 Turkey Fajita w/ Brown Rice &amp; Carrots <b>or</b> Stuffed Bread Sticks w/ Marinara Sauce &amp; 100% Vegetable Juice (V) Fresh Banana</p>	<p>25 Southwestern Chicken Salad w/ Pita Bread &amp; Ranch Dressing <b>or</b> Cheese Pizza (V) Garden Salad &amp; Ranch Dressing <b>Fresh Apple</b></p>
<p>28 BBQ Beef Meatballs w/ Club Roll <b>or</b> Pasta w/ Tomato Sauce &amp; Mozzarella Cheese (V) Broccoli <b>Fresh Apple</b></p>	<p>29 Chicken Tenders w/ Ketchup &amp; Roasted Potatoes <b>or</b> Protein Pasta Alfredo w/ Whole-Wheat Bread Slice &amp; Peas (V) Fresh Pear</p>	<p>30 Turkey Hot Dog w/ Ketchup &amp; Baked Beans <b>or</b> Spanish Rice w/ Beans &amp; Cheese (V) <b>Fresh Apple</b></p>	<p>31 Chicken Caesar Salad w/ Pita Bread &amp; Ranch Dressing <b>or</b> Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana</p>	

## DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

**Lunch Milk Choices**  
1% Milk and Skim Milk

**Please Note**  
Locally grown component planned daily.

Menu is subject to change.  
Vegetarian Meal Options are indicated with a "V"

