

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Chicken Tenders* Sidewinder Fries Applesauce Cup, Bug Bite Cookies, Milk	3 <u>Breakfast for Lunch</u> Mini Maple Pancakes W/ Syrup, Egg Patty, Sausage Patty, Carrots W/ Lite Ranch Dip, Banana, Milk	4 Meatball Sub Sandwich W/ Melted Cheese, Lays Potato Chips, Seasoned Broccoli Strawberry Cup, Milk	5 Soft Tortilla Wrap or Tostitos W/ Seasoned Beef*, Cheese Salsa, Refried Beans Corn, Lettuce & Tomato Kiwi, Milk	6 W/G Stuffed Crust Pizza* Green Beans, Fruit Mix Milk
9 <u>No School</u> <u>Indigenous People Day</u>	10 Hamburger or Cheese- burger* on a w/g Bun French Fries, Green Beans Fresh Asian Pear, Milk	11 Chicken Nuggets* W/ Dipping Sauces, Milk Buttered Pasta, Seasoned Broccoli, Pineapple Tidbits	12 All Beef Hot Dog on a w/g Bun, Baked Beans Savory Corn, Strawberry Cup, Milk	13 W/G Wedge Cheese Pizza*, **Baked Kale Chips, Diced Carrots Assorted Fruits, Milk
16 Breaded Mozzarella Cheese Sticks*, Marinara Sauce, Green Beans Applesauce Cup, Milk	17 Fajita Chicken, Spanish Rice, Corn & Black Bean Salad, Salsa, Fruit Cocktail Milk	18 Pizza Crunchers* w/ Marinara Sauce, Carrots W/ Lite Ranch Dip, Pears, Milk <u>EARLY RELEASE DAY</u>	19 Cooks Choice* Assorted Vegetables Assorted Fruits Assorted Desserts, Milk	20 W/G Cheese Pizza Favorites*, Broccoli Florets W/ Lite Ranch Dip Crispy Apple, Milk
23 Corn Dog*, Smartfood Popcorn, Marinated Cucumber & Tomato Salad, Fruit Mix, Milk	24 Popcorn Chicken* Mashed Potatoes W/ Gravy, Buttery Corn Applesauce Cup, Milk	25 Creamy Chicken Alfredo W/ Broccoli, Welch's Fruit Snacks, Nectarine, Milk	26 Baked Grill Cheese Sandwich with or w/o Ham, Tator Tots, Dice Carrots, Pears, Milk	27 W/G 5" Round Pizza* Marinated Garbanzo Bean Salad, Celery W/ Lite Ranch Dip, Orange Wedges, Milk
30 "Max" Breaded Cheese Sticks*, Marinara Dipping Sauce, Savory Green Beans Peaches, Milk	31 Batty Chicken Nuggets* Pumpkin Shaped Smiley Fries, Spooky Broccoli Trees Scooby Doo Cookie, Kiwi Milk			

w/g = Whole Grain * Indicates May Contain Soy ***Harvest of The Month – Kale

NATIONAL SCHOOL LUNCH WEEK 10/9/23 – 10/13/23