

**October 12th-16th is
National School Lunch Week
Join us for a Cafeteria CIRCUS!**

MENU

9-12 LUNCH

**Harvest of the
Month
NY Apples
October 14th**



OCTOBER



5
Hot Ham & Cheese on
Pretzel Roll & SunChips
Glazed Roasted Carrots
NY Yogurt w/Granola
Fresh Veggie w/Hummus

6
Walking Taco (Corn Chips)
Salsa & Sour Cream
Guacamole, Olives, Jalapenos
Yellow Corn & Tex Mex Beans
Mini Rice Crispy Treat

7
Oven Roasted Chicken
(Plain or BBQ)
Crispy Potato Wedges
Broccoli Florets
NY Apple Pie

1
White Cheddar
Macaroni & Cheese
Roasted Turkey Medallions
Garlic Toast & Broccoli
Fresh Grape Tomatoes

2
Pizza Slice
(Cheese or Pepperoni)
NY Peas & Carrots
Garden Side Salad

12
No School
Columbus/ Indigenous
Peoples Day

13
Crispy Chicken Tenders
with assorted dipping sauces
Seasoned Curly Fries
Tortellini Pasta Salad
Mango Peach Applesauce

14
Bistro Burger
(plain or cheese)
NY Breaded Onion Rings
Tangy Cucumber Salad
Fresh NY Apple or Juice

15
Macaroni & Cheese
Bar W/ Buffalo Chicken
Garlic Breadstick
Parmesan Peas
Fresh Grape Tomatoes

16
Pizza Slice
(Cheese or Pepperoni)
NY Peas & Carrots
Garden Side Salad

19
Baked Potato Bar
w/Pulled Chicken
Warm Garlic Knot
NY String Cheese
Baby Carrots w/Hummus

20
Breakfast for Lunch
(French Toast Sticks and
Three Cheese Omelet Bites)
Home Fries/ Peppers & Onions
Sunrise Juice Cup & Syrup

21
BBQ Pulled Pork
on Kaiser
Au Gratin Potatoes
Coleslaw & Grape Tomatoes
Chocolate Chip Cookie

22
Teriyaki Chicken
Vegetable Fried Rice
Chicken & Veg Dumplings
Sesame Broccoli
Fortune Cookie

23
Pizza Slice
(Cheese or Pepperoni)
Pizza Green Beans
Caesar Side Salad

26
Popcorn Chicken Bowl
Dinner Roll
Sweet Yellow Corn
Fresh Veggie w/Hummus
NY Grape Juice Slushie

27
BYO Burrito Bowl
w/Cilantro Lime Rice
Guacamole, Black Olives, Jalapenos
Salsa, Sour Cream
Veggie Pinto Beans
Rainbow Pepper Sticks

28
Crispy Chicken
Sandwich on Brioche
Special Sauce Lettuce, Tomato, Onion,
& Pickles
Seasoned Waffle Fries
Cucumber & Tomato Salad

29
Rotini with Meaty
Marinara Sauce
Garlic Toast
Steamed Broccoli
Fresh Baby Carrots

30
Pizza Slice
(Cheese or Pepperoni)
NY Peas & Carrots
Garden Side Salad
Halloween Dirt Pudding Cup

View Menus Online



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change.
Notice is posted when available.

All lunch meals include a variety of fresh fruit, vegetables and white or flavored milk.

