

October Lunch K-1st



Monday

Tuesday

Wednesday

Thursday

Friday

Growing Healthy Schools Week!
September 29th- October 3

		Cajun Chicken with Brown Rice (DF) Vegetable: Local Corn	Grilled Chicken Sandwich (DF) Vegetable: Cherry Tomatoes and Black Beans	Bean and Cheese Burrito (VG) Vegetable: Local Green Beans
		1	2	3
Cheese Lasagna (VG) Vegetable: Local Sweet Potatoes	Chicken Teriyaki (DF) Vegetable: Blanched Broccoli Florets and Pinto Beans	Veggie Chili (VG) Vegetable: Local Green Beans	All Natural Cheeseburger Vegetable: Shredded Lettuce and Sliced Tomatoes	Chicken Mole Rojo (DF) Vegetable: Local Corn
6	7	8	9	10
NO SCHOOL COLUMBUS DAY	Chicken Taco Trio Vegetable: Baby Carrots and Black Beans	Chicken Pasta Alfredo Vegetable: Local Corn	Macaroni and Cheese with Baked Beans (VG) Vegetable: Shredded Lettuce and Sliced Tomatoes	Hot Meatball Sub Vegetable: Local Sweet Potatoes
13	14	15	16	17
Cheesy Chicken Quesadilla Vegetable: Local Green Beans	Cheese Pizza (VG) Vegetable: Blanched Broccoli Florets and Pinto Beans	Chicken Fajita Burrito Vegetable: Local Sweet Potatoes	Chicken Bites (DF) Vegetable: Shredded Lettuce and Sliced Tomatoes	Spaghetti and Meatballs (DF) Vegetable: Local Corn
20	21	22	23	24
All Natural Hamburger (DF) Vegetable: Local Green Beans	Hot Meatball Sub Vegetable: Butternut Squash	Sloppy Joe (DF) Vegetable: Local Corn	Chicken Teriyaki (DF) Vegetable: Blanched Broccoli Florets and Black Beans	NO SCHOOL STAFF PD
27	28	29	30	31



Lunch: choice of 1% or fat-free milk
All grains served are whole grain-rich
Dairy-free (DF) and vegetarian (VG) menu items available daily – if not listed on the menu, then available upon request.
This institution is an equal opportunity provider.

real food for all™