

October 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
	B: slice WW bread, Egg, maple syrup, Fruit Salad, Skim Milk S: fruit smoothie & goldfish L: Teriyaki Turkey meatballs, mashed potato, corn, peaches, skim milk S: 4 soda crackers & cheese squares <p style="text-align: center;">Turkey Meatballs</p>	B: 1 pancake, mix fruit, skim milk S: pretzel & apple juice L: Pesto, chicken, pasta, peas & tomato, tropical fruit, skim milk S: cheerios and banana <p style="text-align: center;">Pesto Chicken</p>	B: slice bagel, cream cheese & fruit cocktail S: Grilled cheese squares L: HOME LUNCH / FIELDTRIP S: applesauce and soda crackers <p style="text-align: center;">HOME LUNCH</p>	B: Honey bunches of oats cereal, berries, skim milk S: square soda cracker & honeydew melon L: bread, peanut butter & jelly sandwich, carrot sticks, cheese stick, mandarin oranges, skim milk S: fig bar <p style="text-align: center;">PB & J</p>
7	8	9	10	11
B: Slice toast with scrambled eggs, fruit, skim milk S: Pretzels and Peanut butter L: Tuscan Grilled Cheese sandwich on slice ww bread w/ cheese, pesto, slice tomato, mandarin orange, skim milk S: blueberry muffins <p style="text-align: center;">Grilled Cheese</p>	B: French Toast, maple syrup, fruit salad and Skim Milk S: fruit smoothie and Cheez its L: Chicken, WW Tortilla, cheddar/jack cheese blend, Fruit Salad, Skim Milk S: cheese stick and Graham cracker <p style="text-align: center;">Chicken Quesadilla</p>	B: 1 pancake, berries, skim milk S: ham and cheese rolls L: Ground Beef, whole grain pasta, Cheese, onions/ bell peppers, Fruit Salad, Skim Milk S: pretzels and peanut butter <p style="text-align: center;">Spaghetti</p>	B: slice bagel, cream cheese & fruit cocktail S: hummus and pita chips L: Ground beef with onion, celery, bell pepper on a ww bun, fresh fruit, skim milk S: Ritz crackers, assorted cheese squares <p style="text-align: center;">Sloppy Joes</p>	B: Special K cereal, bananas, skim milk S: cheese on a slice tortilla (Quesadilla) L: Ham, slice cheese on a ww bun, lettuce & carrot sticks, pears, skim milk S: gogurt and goldfish <p style="text-align: center;">Ham and Cheese Sandwich</p>
14	15	16	17	18
B: Slice toast w scrambled eggs, fruit, skim milk S: pretzels & apple juice L: Tuna on roll w/ cheese, lettuce, 5 carrot sticks, fruit cocktail, skim milk S: cheese stick & Ritz crackers <p style="text-align: center;">Tuna Sandwich</p>	B: French Toast, maple syrup, Fruit Salad, Skim Milk S: peanut butter and banana smoothie L: Ground Beef, Elbow Macaroni, Bell Pepper, Tomato Sauce, Fresh Fruit, Skim Milk S: apple sauce and soda crackers <p style="text-align: center;">Chili Mac</p>	B: 1 pancake, melon, skim milk S: oranges, graham crackers L: roasted pork shoulder, braised cabbage, Hapa Rice, Fresh Fruit, Skim Milk S: Triscuit crackers and cheese squares <p style="text-align: center;">Kalua Pork</p>	B: slice bagel, cream cheese & fruit cocktail S: goldfish & apple juice L: Beef Frank, Corn Meal Batter (egg), Green Beans, Fruit Salad, Skim Milk S: apple slices and graham crackers <p style="text-align: center;">Corn Dogs</p>	B: Special K cereal, apples, skim milk S: celery, peanut butter L: Caesar Chicken on slice tortilla, lettuce, cheese stick, carrots & cucumber, tropical, fruit, skim milk S: Fruit cup & soda crackers <p style="text-align: center;">Chicken Caesar Wraps</p>
21	22	23	24	25
B: slice toast with scrambled eggs, fruit, skim milk S: Fruit salad w/ strawberries, cantaloupe, blueberries, oranges, grapes and soda crackers L: Veggie fried rice carrots, peas, onions, celery, brown rice, fruit, skim milk S: Ritz crackers and cheese squares <p style="text-align: center;">Fried Rice</p>	B: French Toast, maple syrup, Fruit Salad, Skim Milk S: fruit smoothie and goldfish L: Ground Beef, Bell Pepper, Onion, Tomato Sauce, Brown Rice, Fresh Fruit, Skim Milk S: cheerios and banana <p style="text-align: center;">Chili and Rice</p>	B: 1 pancake, fruit cocktail, skim milk S: hard-boiled egg, square soda crackers L: Beef Frank, Hot Dog Bun, Baked Beans, Watermelon, Skim Milk S: Cheese Sticks graham crackers <p style="text-align: center;">Hot Dogs</p>	B: slice bagel, cream cheese & fruit cocktail S: Watermelon & Cheez its L: HOME LUNCH / FIELD TRIP S: fig bar <p style="text-align: center;">HOME LUNCH</p>	B: Honey bunches of oats cereal, berries, skim milk S: 4 soda crackers, oranges L: Chicken salad on slice WW bread, Pita Chips Celery and carrot sticks, Skim Milk S: Nature Valley granola bar, go gurt <p style="text-align: center;">Chicken Salad Sandwich</p>
28	29	30	31	1
B: slice toast w scrambled eggs, fruit, skim milk S: cheese stick, Ritz crackers L: artichoke, roasted tomato, pasta w/ pesto sauce, pineapple, skim milk, S: mixed berry muffin <p style="text-align: center;">Tomato Pesto Pasta</p>	B: French Toast, maple syrup, Fruit Salad, Skim Milk S: peanut butter banana smoothie L: Chili with ground turkey & kidney beans, cornbread muffin, green beans, fruit cocktail, skim milk S: ritz cracker and cheese squares <p style="text-align: center;">Turkey Chili w/ Cornbread</p>	B: 1 pancake, berries, skim milk S: peanut butter & apples L: chicken w/ onion, mix bells and celery, slice tortilla, mandarin orange, skim milk S: apple slices and soda crackers <p style="text-align: center;">Chicken Fajita Wraps</p>	B: slice bagel, cream cheese & fruit cocktail S: Hummus and carrots L: Beef Meatballs, mashed potato with Brown Gravy, corn, Fresh Fruit, skim milk S: Goldfish crackers & cheese stick <p style="text-align: center;">Meatballs and Gravy</p>	<p style="text-align: center;"><u>Alternates</u></p> <p style="text-align: center;"> Beanie Weenie Bean Burrito Tuna Melt BBQ Chicken </p>