

October 13th-17th is
National School Lunch Week
Join us in Eating Global
Flavors!



MENU

PK-8 LUNCH

Harvest of the
Month
NY Apples
October 15th



OCTOBER

**Mini Chicken Bites
And Mozzarella Sticks**
Marinara Sauce
Fresh Veggie with Dip

1

Macaroni & Cheese
Corn Muffin
Steamed Broccoli
Fresh Grape Tomatoes
Warm Cinnamon Pears

2

Cheese Pizza
Assorted Veggie Choices
Mango Peach Applesauce
Cup

3

French Toast Sticks
Turkey Sausage Links
or Cheese Omelet
Sweet Potato Tots
NY Apple Juice & Syrup

6

Teriyaki Chicken
Fried Rice & Dumplings
Steamed Broccoli
Fresh Grape Tomatoes
Fortune Cookie

7

**Crispy Chicken
Sandwich**
Baked Potato Chips
Yellow Corn
Fresh Veggie w/Hummus

8

**Rotini with Meat
Sauce (beef)**
Garlic Breadstick
Steamed Green Beans
Baby Carrots

9

Cheese Pizza
Assorted Veggie Choices
Strawberry Applesauce
Cup

1

No School
Columbus/Indigenous
Peoples Day

13

**Chicken Tinga
Quesadilla**
Salsa & Sour Cream
Cowboy Caviar (Bean/Corn)
Rainbow Pepper Sticks

14

**Beef Lo Mein
Noodles**
Steamed Broccoli
Fresh Apples
Mini Rice Crispy Treat

15

**Potato & Cheddar
Pierogies**
Kielbasa Bites
Peas & Carrots
Fresh Grape Tomatoes

16

Cheese Pizza
Assorted Veggie Choices
Blue Raspberry
Applesauce Cup

1

**Ham & Cheese
Croissant**
NY String Cheese
Goldfish Crackers
Steamed Green Beans

20

BBQ Chicken
Herbed Rice
Honey Glazed Carrots
Yellow Corn

21

**Cheesy Breadsticks
with Marinara Sauce**
NY Yogurt Cup
Fresh Veggie w/Hummus
CherryMoj! Slushie Cup

22

**Tortellini Alfredo
with Chicken**
Garlic Texas Toast
Roasted Broccoli
Fresh Grape Tomatoes

23

Cheese Pizza
Assorted Veggie Choices
Cinnamon Applesauce Cup

2

Cheeseburger
Emoji French Fries
Steamed Broccoli
Choc Chip Cookie

27

Ultimate Nachos
Salsa & Sour Cream
Refried Bean Dip
Yellow Corn
Rainbow Pepper Sticks

28

Chicken Nuggets
Warm Garlic Knot
Mashed Potatoes
Fresh Veggie with Dip

29

Macaroni & Cheese
Corn Muffin
Green Peas
Fresh Grape Tomatoes
Winter Berry Fruit Salad

30

Mummy Dogs
Tomato Soup
Fresh Veggie w/Dip
Dirt & Worms Pudding
Cup

3

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
low-fat white or flavored milk.

