

Farmhouse School Lunch Menu

VGHS

October 2022



	Monday	Tuesday	Wednesday	Thursday	Friday	
	3 Baked Ziti with Meat & Cheese and Steamed Broccoli, Fruit, Milk	4 Fried Rice and Lemon Chicken, Carrot and Cabbage Salad, Fruit, and Milk	5 Salad Bar with Turkey & Cheese, Croutons, Fruit & Milk	6 Sweet Potato and Black Bean Salad w/BBQ Chicken, Fruit, and Milk	7 Sloppy Joes with Side Salad, Fruit, Milk	
	10 NO SCHOOL	11 Beef Marinara Spaghetti with Side Salad, Fruit, and Milk	12 Cajun Chicken, Rice, and Red Beans, Salad, Fruit Milk	13 Three Bean Salad with Turkey, Fruit, Milk	14 Turkey Sandwiches and Carrot Sticks, Fruit Milk	
	17 Corn Chip Pie with Beef and Beans, Shredded Lettuce, Salsa, Fruit, Milk	18 Beef Lasagna with Side Salad, Fruit, Milk	19 Orange Chicken with Rice, Carrot and Cabbage Salad, Fruit, Milk	20 Red Chile Beef Enchiladas, Sala, Fruit, Milk	21 BBQ Chicken, Coleslaw, Home Fries, Fruit, Milk	
	24 Baked Ziti with Meat & Cheese and Steamed Broccoli, Fruit, Milk	25 Fried Rice, Lemon Chicken, Steamed Veg, Fruit, and Milk	26 Salad Bar with Turkey & Cheese, Croutons, Fruit & Milk	27 Sweet Potato and Black Bean Salad with BBQ Chicken, Fruit, and Milk	28 Meat Ball Subs with Side Salad, Fruit, Milk	
	31 Italian Pasta Salad with Veggies, Turkey, Cheese Fruit, and Milk					

Thank you for helping to support local farmers and ranchers by participating in the Farmhouse USDA School Lunch program!
Featuring local beef from Martinez Ranch and Pat Pacheco