

# October 2024

## TMS 3-12 LUNCH

DAILY ALTERNATE ENTRÉE OPTIONS: GRILL, DELI SANDWICHES,  
WRAPS & ENTRÉE SALADS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>Nacho Bar</b> Beans ½ c Green beans ¼ c</p> <p><b>ALT: Hot Dog</b></p>	<p><b>Chicken Patty Sandwich</b> serving Broccoli ½ c Corn ¼ c</p> <p><b>ALT: Mac &amp; Cheese</b></p>	<p><b>Pizza</b> 1 serving Peas ½ c Carrots ¼ c</p> <p><b>ALT Hamburger</b></p>	
<p><b>Breakfast for lunch</b> Tater Tots ½ c Cucumber Slices ¼ c</p> <p><b>ALT: Turkey Deluxe</b></p>	<p><b>Corn Dog</b> Veggies ½ c Red Bell Pepper Slices ¼ c</p> <p><b>ALT: Mongolian Chicken Stir Fry w/ 5 Spice Rice</b></p>	<p><b>Spaghetti w/Meat Sauce</b> 1 serving Italian Veg Blend ½ c Broccoli Florets ¼ c</p> <p><b>ALT: Chicken Patty Sandwich</b></p>	<p><b>Pizza</b> Baked Beans ½ c Baby Carrots ¼ c</p> <p><b>ALT: Chicken Caesar Salad</b></p>	
<p><b>No School</b></p>	<p><b>TikTok Quesadilla</b> 1 ea. Salsa ¼ c Seasoned Broccoli ½ c</p> <p><b>ALT: Hot Dog</b></p>	<p><b>Chicken Broccoli Alfredo Bake</b> Peas ½ c Celery &amp; Ranch ¼ c</p> <p><b>ALT: Chicken Sandwich</b></p>	<p><b>Pizza</b> 1 serving Baby Carrots ½ c FF ¼ c</p> <p><b>ALT: Cheeseburger</b></p>	
<p><b>Chicken Tender Biscuit Sandwich</b> Tater Tots ½ c Cucumber Slices ¼ c</p> <p><b>ALT: Hot Ham &amp; Cheese Slider</b></p>	<p><b>Beef Nachos</b> Rice ½ c Red Bell Pepper Slices ¼ c</p> <p><b>ALT: Corn Dog</b></p>	<p><b>Dunkers with Meat Sauce</b> Italian Veg Blend ½ c Broccoli Florets ¼ c</p> <p><b>ALT: Cheesy Chicken &amp; Rice Casserole</b></p>	<p><b>Pizza</b> 1 serving Baked Beans ½ c Celery Sticks ¼ c</p> <p><b>ALT: Hamburger</b></p>	
<p><b>Bagel Pizza</b> 1 serv. Mashed Potatoes ½ c Corn ¼ c</p> <p><b>ALT: Chicken Nuggets</b></p>	<p><b>Hot Dog</b> Carrots &amp; Celery Cup ½ Cheesy Beans ¼ c</p> <p><b>ALT: Chicken Tacos</b></p>	<p><b>Chicken Patty Sandwich</b> Chili Beans ½ c Green beans ¼ c</p> <p><b>ALT: Mac &amp; cheese</b></p>	<p><b>Pizza</b> Cucumber ½ c FF ¼ c</p> <p><b>ALT fish Sticks</b></p>	<p>Green beans are a great source of fiber, Vitamin C and Vitamin K!</p> 

½ c fruit option, romaine side salad and ½ pint milk choice included with your meal and offered daily.

For questions and comments, please email the Food Service Director at [faye.rodriquez@k12byelior.com](mailto:faye.rodriquez@k12byelior.com)

K-12 BY ELIOR  
BeWell Healthy Choice  
Vegetarian (Ovo-Lacto)  
Local  
Fresh Picks

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