

Menus may be subject to change.  
Check Mealviewer.com for updates



**October Lunch Menu.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  6 <b>Meatless Monday</b> Vegetarian Chicken Nuggets Seasonal Vegetables Fresh Fruit Cold Milk Choice <b>Special Treat -Rice Krispy</b>	 7 Mini Cheese Calzones Sautéed Spinach Fresh Fruit Cold Milk Choice 	1 WG Chicken Tenders Seasonal Vegetables Fresh Fruit Cold Milk Choice	2 No School Yom Kippur No Meal Service 	3 WG Honey BBQ Rib Sandwich French Fry Friday Fresh Fruit Cold Milk Choice 
6 <b>Meatless Monday</b> Vegetarian Chicken Nuggets Seasonal Vegetables Fresh Fruit Cold Milk Choice <b>Special Treat -Rice Krispy</b>	7 Mini Cheese Calzones Sautéed Spinach Fresh Fruit Cold Milk Choice 	8 Walking Taco w/Nacho Doritos Seasonal Vegetables Fresh Fruit Cold Milk Choice	9 WG French Toast Sticks & LF String Cheese Seasonal Vegetables <b>LS Crispy Apples</b> Cold Milk Choice <b>Great Apple Crunch Day</b>	10 WG Chicken Patty Sandwich French Fry Friday Fresh Fruit Cold Milk Choice 
13 No School Indigenous People's Day No Meal Service 	14 Black Bean & Sweet Potato Quesadilla <b>LS Squash Medley</b> Fresh Fruit Cold Milk Choice	15 Chicken Teriyaki w/Broccoli On WG Lo Mein Noodles Oriental Vegetables Fresh Fruit Cold Milk Choice	16 WG Pasta Bowl w/Choice of sauce Marinara, Alfredo or Pesto Italian Green Beans Fresh Fruit & Milk Choice	17 Western Burger w/Bacon & BBQ Sauce French Fry Friday Fresh Fruit Cold Milk Choice
Celebrate with us during National School Lunch Week! It's a Passport to a world of different flavors. Which day will be your favorite?				
20 <b>Meatless Monday</b> WG Buttermilk Pancakes & LF String Cheese Seasonal Vegetables Fresh Fruit Cold Milk Choice	21 WG Bosco Cheese Stick w/Marinara Dipping sauce Seasonal Vegetables Fresh Fruit Cold Milk Choice	22 WG Chicken Corn Dog <b>LS Buffalo Cauliflower</b> Fresh Fruit Cold Milk Choice 	23 WG Breakfast Tacos Eggs, Sausage & Cheese Seasonal Vegetables Fresh Fruit Cold Milk Choice 	24 No School School Institute Day No Meal Service 
27 <b>Meatless Monday</b> WG Personal Deep-Dish Cheese Pizza Seasonal Vegetables Fresh Fruit Cold Milk Choice	28 WG Toasted Cheese Melt Seasonal Vegetables Fresh Fruit Cold Milk Choice 	29 WG Nacho Supreme WG Tortilla Chips Pinto Beans Fresh Fruit Cold Milk Choice	30 <b>-Pumpkin Shaped            WG Soft Pretzel</b> w/Creamy Cheese Sauce Seasonal Vegetables Fresh Fruit Cold Milk Choice	31 Chicago Style Hot Dog Freaky French Fry Friday Frankenstein Fresh Fruit Ghoulish Cold Milk Choice <b>Special Treat - EEK Frozen            Orange Fruit Slushie</b>

- Elementary Daily Menu Choices**
- WG Turkey & American Cheese Sub
  - WG Creamy Cheese Sub
  - Veggie Salad w/Beans & WG Grain
  - WG Sun butter & Jelly
- Fun Pack contains LF Yogurt Cup & LF String Cheese & a WG Item
- Elementary Weekly:  
Rotating Choices**
- Mon – Chef's Choice
  - Tues – All Beef Hot Dog
  - Weds - WG Mac & Cheese
  - Thurs – WG Chicken Nuggets
  - Fri- WG Cheese Pizza
- Middle School Daily Choices**
- All Beef Hot Dog
  - Variety of WG Chicken Sandwiches
  - Made to order Deli Bar
  - Veggie Salad w/Beans & WG Roll
  - WG Sun butter & Jelly Sandwich
  - WG Cheese Pizza
  - Available on (Mon, Wed & Fri)
  - Variety of WG Italian Entrée's
  - Available on Tues/Thurs
- WG = Whole Grain**  
**LF = Low Fat**  
**LS = Locally Sourced**

Each meal includes rBST-free skim or 1% milk.



In accordance with Federal law and United States Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, and disability. Menus may be subject to change. Notice will be given as soon as possible.