



OCTOBER 2023 LUNCH



OPEN KITCHENS
Serving the Best

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/2/2023 BEAN DIP WG TORTILLA CHIPS 2 OZ, REFRIED BEANS & CHEESE 2 OZ, CILANTRO CORN & JALAPENO BLEND 3/4 C APPLESAUCE 1/2 C	10/3/2023 SLOPPY JOE WG HAMBURGER BUN 2 OZ, TURKEY CRUMBLE 2 OZ, SLOPPY JOE SAUCE CAULIFLOWER 3/4 C PEAR 1/2 C	10/4/2023 TURKEY SAUSAGE PIZZA WG CRUST 2 OZ, CHEESE & TURKEY SUASAGE 2 OZ BABY CARROTS 3/4 C ORANGE 1/2 C	10/5/2023 PASTA & MEATBALLS WG PASTA 2 OZ, BEEF MEATBALLS 2 OZ, MARINARA SAUCE BROCCOLI 3/4 C APPLE JUICE 1/2 C	10/6/2023 PIZZA BAGEL WG PLAIN BAGEL 2 OZ, SHREDDED CHEESE 1 OZ, TURKEY PEPPERONI 1 OZ, MARINARA CUP LEMON CHICKPEA SALAD 3/4 C BANANA 1/2 C
10/9/2023 NO SCHOOL 	10/10/2023 CHICKEN & WAFFLES WG WAFFLE 2 OZ, BREADED CHICKEN PATTY 2 OZ CELERY STICKS 3/4 C PEAR 1/2 C	10/11/2023 TURKEY KIELBASA WG HOT DOG BUN 2 OZ, TURKEY KIELBASA 2 OZ POTATO SALAD 3/4 C ORANGE 1/2 C	10/12/2023 BUFFALO CHICKEN WG BROWN RICE 2 OZ, CHICKEN DRUMSTICK 2 OZ MIXED GREENS 1.5 C HONEYCRISP APPLE 1/2 C	10/13/2023 CHILI CHEESE FRIES WG CORNBREAD MUFFIN 2 OZ, VEGETARIAN CHILI, CHEESE SAUCE, FRENCH FRIES 2 OZ DICED TOMATOES 3/4 C BANANA 1/2 C
10/16/2023 HAMBURGER WG HAMBURGER BUN 2 OZ, BEEF PATTY 2 OZ RED BELL PEPPER STRIPS 3/4 C APPLESAUCE 1/2 C	10/17/2023 TURKEY SAUSAGE PIZZA WG CRUST 2 OZ, CHEESE & TURKEY SUASAGE 2 OZ BROCCOLI 3/4 C PEAR 1/2 C	10/18/2023 BARBACOA WG TORTILLA CHIPS 2 OZ, TURKEY BARBACOA 2 OZ CORN & JALAPENO BLEND 3/4 C ORANGE 1/2 C	10/19/2023 TSO'S CHICKEN WG BROWN RICE 1 OZ, WG BREADING 1 OZ, CHICKEN 2 OZ EDAMAME 3/4 C APPLE JUICE 1/2 C	10/20/2023 TURKEY & CHEESE CROISSANT WG CROISSANT 2 OZ, TURKEY HAM 1 OZ, YELLOW AMERICAN CHEESE 1 OZ CUCUMBER SLICES 3/4 C BANANA 1/2 C *MAYO, MUSTARD, RANCH
10/23/2023 NO SCHOOL PARENT TEACHER CONFERENCE	10/24/2023 NO SCHOOL INSTITUTE DAY	10/25/2023 ROTISSERIE CHICKEN WG DINNER ROLL 2 OZ, CHICKEN DRUMSTICK 2 OZ MIXED GREENS 1.5 C ORANGE 1/2 C	10/26/2023 TAMALA MASA 2 OZ, BEEF & BEAN FILLING 2 OZ DICED TOMATOES 3/4 C APPLE JUICE 1/2 C	10/27/2023 MEATBALL SUB WG HOAGIE BUN 2 OZ, BEEF MEATBALLS 2 OZ, MARINARA SUACE GREEN BEANS 3/4 C BANANA 1/2 C
10/30/2023 TURKEY SAUSAGE PIZZA WG CRUST 2 OZ, CHEESE & TURKEY SUASAGE 2 OZ CELERY STICKS 3/4 C APPLESAUCE 1/2 C	10/31/2023 SPICY HONEY POPCORN CHICKEN WG BREADING 1 OZ, POPCORN CHICKEN 2 OZ, SPICY HONEY SAUCE, WG CHOCOLATE BROWNIE 1 OZ SEASONED BLACK BEANS 3/4 C PEAR 1/2 C	11/1/2023 	11/2/2023 <ul style="list-style-type: none"> ▪ WHOLE-GRAIN BREADS & PRODUCTS ▪ MENU ITEMS DO NOT CONTAIN PORK ▪ MILK AVAILABLE WITH ALL MEALS *CONDIMENTS	11/3/2023 