

OCTOBER LUNCH

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

Chef reserves the right to change menu for seasonality and new menu innovation.



MONDAY

1

- Beef Cheeseburger
- Garden Ranch Salad w/Chicken
- o Chopped Romaine Lettuce
- o Tomato Slices

5

- chicken enchiladas roja
- classic turkey & cheddar sandwich
- o Fresh Fruit

12

- Buffalo Chicken Wrap
- o sBlank Beans

19

- meatless "Italian" calzoni
- ham & cheese sub
- o Fresh Fruit

26

- orange chicken w/rice
- honey mustard chicken wrap
- o Fresh Fruit

TUESDAY

2

- crispy chicken sandwich
- Greek Garbanzo Flat Bread
- o Fresh Fruit
- o Steamed carrots

6

- chicken bites
- deli combo sandwich w/turkey salami, turkey ham & mozzarella
- o Fresh Fruit
- o Kidney, Edamame, Carrot, Corn
- o baby Carrots

13

- chicken taco trio
- sunbutter, jelly
- dairy free by request: chicken salad sandwich
- o tomatoes

20

- five cheese lasagna
- pizza
- o Broccoli Florets
- o baby carrots

27

- chicken corn dog bites
- deli combo sandwich w/turkey salami, turkey ham & mozzarella
- o steamed green beans
- o steamed corn

WEDNESDAY

7

- beef & bean burrito
- veggie taco salad
- o Fresh Fruit
- o Broccoli Florets

14

- cheesy ravioli
- turkey & cheddar sandwich
- o Fresh Fruit
- o steamed green beans

21

- chicken tamale w/seasoned rice
- chicken salad sub sandwich
- o steamed corn

28

- veggie chili & seasoned rice
- southwest veggie wrap
- o garbanzos, edamame, shredded carrots)
- o Fresh Fruit

THURSDAY

1

- Beef Cheeseburger
- Garden Ranch Salad w/Chicken
- o Chopped Romaine Lettuce
- o Tomato Slices

8

- Shredded BBQ Chicken Plate w/tangy beans & biscuit
- ham cheese sub
- o Fresh Fruit
- o green peas

15

- Beef Cheeseburger
- pesto pasta salad
- o Chopped Romaine Lettuce
- o Tomato Slices

22

- hot dog
- honey mustard chicken wrap
- o celery sticks

29

- cheese enchilada w/seasoned rice and black beans
- deli combo sandwich w.turkey salami, turkey ham & mozzarella
- o Chopped Romaine Lettuce
- o Tomato Slices

FRIDAY

2

- crispy chicken sandwich
- Greek Garbanzo Flat Bread
- o Fresh Fruit
- o Steamed carrots

9

- Pizza Pie
- southwest veggie wrap
- o Fresh Fruit
- o Cucumber salad

16

- pizza
- cheesy beef & salsa nacho dip
- o Fresh Fruit
- o Steamed carrots

23

- bean & cheese pupusa
- turkey & cheddar sandwich
- o garbanzos, edamame, shredded carrots)

30

- chicken corn dog bites
- o steamed green beans
- o steamed corn

