

# October School Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All Meals except 4K are served with the students choice of 1%, Skim or Chocolate Milk	<p>2 <b>Entrée 1:</b> * Spaghetti &amp; Meat Sauce w/Garlic Bread <u>Or</u></p> <p><b>Entrée 2:</b> BBQ Rib Sandwich ^ w/ Chips</p> <p><b>Side Options:</b> *Steamed Mixed Vegetables &amp; Kiwi Wedges</p>	<p>3 <b>Entrée 1:</b> Homemade Pizza <u>Or</u></p> <p><b>Entrée 2:</b> Braised Beef Stroganoff w/ Garlic Toast</p> <p><b>Side Options:</b> Cauliflower Salad, Steamed Corn &amp; Fruit Cocktail</p>	<p>4 <b>Entree 1 :</b> Philly Cheese Steak Sub^ <u>Or</u></p> <p><b>Entree 2:</b> Deli Sub^</p> <p><b>Side Options:</b> *Potato Rounds, *Potato Salad &amp; Sliced Peaches</p>	<p>5 <b>Entrée 1:</b> Pork Roast <u>Or</u></p> <p><b>Entrée 2:</b> Glazed Drumsticks</p> <p><b>Side Options:</b> Roll^, Stuffing, Mashed Potatoes &amp; Gravy, Cranberries, Asparagus &amp; Orange Wedges</p>	<p>6 <b>Entrée 1:</b> Baked Chicken Strips <u>Or</u></p> <p><b>Entrée 2:</b> Baked Mac &amp; Cheese</p> <p><b>Side Options:</b> *Baked Fries, Corn Muffin, *Fall Harvest Medley &amp; Apple Sauce</p>	The Ever Changing Garden Bar is Made Up of All You Can Eat Vegetarian Options Every Day.
All 4K Students are served with the students choice of 1% or Skim Milk	<p>9 <b>Entrée 1:</b> * Cheese Fries <u>Or</u></p> <p><b>Entrée 2:</b> Baked Chicken Sandwich^</p> <p><b>Side Options:</b> Potato Twists, Steamed Cauliflower &amp; Diced Mango</p>	<p>10 <b>Entrée 1:</b> Enchiladas <u>Or</u></p> <p><b>Entrée 2:</b> Taco Salad Supreme</p> <p><b>Side Options:</b> *Spanish Rice, Salsa, Broccoli Salad, Corn, Diced Pears &amp; Chocolate Chip Cookies</p>	<p>11 <b>Entrée 1:</b> *Mozzarella Sticks <u>Or</u></p> <p><b>Entrée 2:</b> Mini Corn Dogs</p> <p><b>Side Options:</b> Chili, California Salad, Potato Wedges &amp; Fruit Cocktail</p>	<p>12 <b>Entrée 1:</b> Grilled Reuben Sandwich W/ Chips <u>Or</u></p> <p><b>Entrée 2:</b> Baked Lasagna w/ Garlic Toast</p> <p><b>Side Options:</b> Steamed Broccoli, Grape Clusters</p>	<p>13 <b>Entrée 1:</b> Grilled Chicken Sandwich^ <u>Or</u></p> <p><b>Entrée 2:</b> Oven Baked Fish w/Roll^</p> <p><b>Side Options:</b> * Sweet Potato Fries, Asparagus, Kiwi &amp; *Coleslaw</p>	
	<p>16 <b>Entrée 1:</b> Grilled Brat^ <u>Or</u></p> <p><b>Entrée 2:</b> Cheese Burger^</p> <p><b>Side Options:</b> Baked Beans, Sauerkraut, Potato Rounds, Steamed Mixed Veggies &amp; Watermelon</p>	<p>17 <b>Entrée 1:</b> Burrito <u>Or</u></p> <p><b>Entrée 2:</b> Hard or Soft Taco</p> <p><b>Side Options:</b> *Baked Fries, Steamed Peas &amp; Carrots , Sliced Peaches &amp; Apple Rhu-barb Crisp</p>	<p>18 <b>Entree 1:</b> Roast Turkey w/ Roll^ <u>Or</u></p> <p><b>Entrée 2:</b> Popcorn Chicken Wrap</p> <p><b>Side Options:</b> Mashed Potatoes w/ Gravy, Squash, Cranberry Chutney &amp; Orange Wedges</p>	<p>19 <b>Entrée 1:</b> Meatballs &amp; Gravy w/ *Noodles &amp; Garlic Toast <u>Or</u></p> <p><b>Entrée 2:</b> Cheddar-Wurst ^</p> <p><b>Side Options:</b> Corn, Cucumber Salad &amp; Tropical Medley</p>	20 <b>No School</b>	
	23 <b>No School</b>	<p>24 <b>Entrée 1:</b> Homemade Pizza <u>Or</u></p> <p><b>Entrée 2:</b> Fish Tacos</p> <p><b>Side Options:</b> Potato Twists, *Coleslaw, Pico de Gallo, Steamed Green Beans &amp; Cinnamon Sugar Apple Slices</p>	<p>25 <b>Entrée 1:</b> Chicken Wild Rice Soup <u>Or</u></p> <p><b>Entrée 2:</b> Beef Vegetable Soup</p> <p><b>Side Options:</b> *Cheesy Bread Sticks, Blueberry Cobbler, Steamed Carrots &amp; Fruit Cocktail</p>	<p>26 <b>Entrée 1:</b> Mini Corn dogs <u>Or</u></p> <p><b>Entrée 2:</b> Chicken Nuggets</p> <p><b>Side Options:</b> *Corn Bread Muffins, *Potato Wedges, Cauliflower &amp; Sliced Pears</p>	<p>27 <b>Entrée 1:</b> Chicken &amp; Cheese Quesadilla <u>Or</u></p> <p><b>Entrée 2:</b> Fish Sandwich^</p> <p><b>Side Options:</b> Fries, *Zucchini Bake, Orange Wedges &amp; Jello</p>	
*Indicates a meatless option  ^ Indicates item is served on a whole grain bun or bread	<p>30 <b>Entrée 1:</b> * Cheese Fries <u>Or</u></p> <p><b>Entrée 2:</b> Baked Chicken Sandwich ^</p> <p><b>Side Options:</b> Curly Fries, Mixed Vegetable &amp; Diced Mango</p>	<p>31 <b>Entrée 1:</b> Cheese Burger^ <u>Or</u></p> <p><b>Entrée 2:</b> * Nachos</p> <p><b>Side Options:</b> Southwest Tots, Steamed Corn &amp; Sliced Peaches &amp; Banana Bar</p>		<p>Lunch Value Meal Consists of the Following Items.</p> <ol style="list-style-type: none"> <li>1) Meat Choices</li> <li>2) Whole Grain Rich options</li> <li>3) Fruit (Includes Garden Bar)</li> <li>4) Vegetable (Plus Garden Bar)</li> <li>5) Milk Choices</li> </ol> <p><b>All For One Low Price!</b></p>		