

# OCTOBER 2024

# LUNCH MENU



### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch  
 Meat or meat alternate  
 Choice of Vegetable  
 Choice of Fruit  
 Grain/Bread  
 Choice of Milk - 1% white, and fat-free chocolate

### Weekly Vegetable Subgroups May Include:

**Dark green** - spinach, broccoli, romaine and spring salad

**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers  
**Beans/Peas**

**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

### Featured Fruit May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!  
 DAILY ALTERNATES**



Craveable of the Week could include: Nacho with Chips and Salsa, Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and more..

## Monday

Bacon Cheeseburger on a Whole Grain Roll

**Breadstick Dipper  
 Craveable**

**Featured Veggies:**  
 Fries  
 Choice of fruit  
 Choice of Milk

## Tuesday

**1**  
 General Tso's Chicken Over Rice

**Breadstick Dipper  
 Craveable**

**Featured Veggies:**  
 Steamed Broccoli  
 Choice of fruit  
 Choice of Milk

## Wednesday

**2**  
 Chicken Alfredo w/Penne Pasta

**Breadstick Dipper  
 Craveable**

**Featured Veggies:**  
 Seasoned Peas  
 Choice of fruit  
 Choice of Milk

## Thursday

**3**  
 Buffalo Chicken Dip over Tortilla Chips

**Breadstick Dipper  
 Craveable**

**Featured Veggies:**  
 Green Beans  
 Choice of fruit  
 Choice of Milk

## Friday

**4**  
 Pepperoni Pizza

**Breadstick Dipper  
 Craveable**

**Featured Veggies:**  
 Glazed Carrots  
 Choice of fruit  
 Choice of Milk

**7**

**Carnival Day  
 Corn Dog**

**Grilled Chicken  
 Craveable**

**Featured Veggies:**  
 Tater Tots  
 Choice of fruit  
 Choice of Milk

**8**

Macaroni & Cheese with Garlic Knot

**Grilled Chicken  
 Craveable**

**Featured Veggies:**  
 Roasted Broccoli  
 Choice of fruit  
 Choice of Milk

**9**

Chicken Patty Sandwich

**Grilled Chicken  
 Craveable**

**Featured Veggies:**  
 Baby Carrots  
 Choice of fruit  
 Choice of Milk

**10**

Royal Bowl Popcorn Chicken/Gravy

**Grilled Chicken  
 Craveable**

**Featured Veggies:**  
 Corn  
 Choice of fruit  
 Choice of Milk

**11**

Fish Sticks with Dinner Roll

**Grilled Chicken  
 Craveable**

**Featured Veggies:**  
 Cole Slaw  
 Choice of fruit  
 Choice of Milk

**14**

**NO SCHOOL**

**15**

Popcorn Chicken

**Italian  
 Craveable**

**Featured Veggies:**  
 Bell Pepper Strips  
 Choice of fruit  
 Choice of Milk

**16**

Classic Texas Toast Grilled Cheese

**Italian  
 Craveable**

**Featured Veggies:**  
 Tomato Soup  
 Choice of fruit  
 Choice of Milk

**17**

Spaghetti & Meatballs with Garlic Knot

**Italian  
 Craveable**

**Featured Veggies:**  
 Steamed Broccoli  
 Choice of fruit  
 Choice of Milk

**18**

Cheese Pizza

**Italian  
 Craveable**

**Featured Veggies:**  
 Fresh Cucumbers  
 Choice of fruit  
 Choice of Milk

**21**

Cowboy Burger on a Whole Grain Roll

**Walking Taco  
 Craveable**

**Featured Veggies:**  
 Diced Carrots  
 Choice of fruit  
 Choice of Milk

**22**

Nachos Grande Tortilla Chips

**Walking Taco  
 Craveable**

**Featured Veggies:**  
 Refried Beans  
 Choice of fruit  
 Choice of Milk

**23**

Chicken Nuggets with Buttered Noodles

**Walking Taco  
 Craveable**

**Featured Veggies:**  
 Side Salad  
 Choice of fruit  
 Choice of Milk

**24**

Buffalo Chicken Dip over Tortilla Chips

**Walking Taco  
 Craveable**

**Featured Veggies:**  
 Green Beans  
 Choice of fruit  
 Choice of Milk

**25**

**To Be Determined**

**28**

Beef and Cheese Mac with Garlic Breadstick

**Turkey & Cheese  
 Craveable**

**Featured Veggies:**  
 Broccoli  
 Choice of fruit  
 Choice of Milk

**29**

Meatball Hoagie

**Turkey & Cheese  
 Craveable**

**Featured Veggies:**  
 Confetti Corn  
 Choice of fruit  
 Choice of Milk

**30**

Classic Texas Toast Grilled Cheese

**Turkey & Cheese  
 Craveable**

**Featured Veggies:**  
 Tomato Soup  
 Choice of fruit  
 Choice of Milk

**31**

Raider Bowl Popcorn Chicken/Gravy

**Turkey & Cheese  
 Craveable**

**Featured Veggies:**  
 Corn  
 Choice of fruit  
 Choice of Milk