

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

Chicken Tenders

**Walking Taco
 Craveable**

Featured Veggies:
 TBD
 Choice of fruit
 Choice of Milk

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

Royal Bowl Popcorn Chicken/Gravy

**Turkey & Cheese
 Craveable**

Featured Veggies:
 Corn
 Choice of fruit
 Choice of Milk