



## School Lunch Menu October 2020

\*All menu items are subject to change.

**Sandwich Option**

**Monday - Turkey + Cheddar on a WG Bun**

**Tuesday - Chicken + Cheddar Wrap with Ranch**

**Wednesday - Turkey Ham + Swiss on a W.G Bun**

**Thursday- Turkey Sub**

**Friday- Chicken Caesar Wrap**

\* All sandwiches come with fruit and vegetable of the day.

**Salad Options**

**Monday - Chef Salad**

**Tuesday - Southwest Chicken Salad**

**Wednesday - Beef Taco Salad**

**Thursday - Chicken Caesar Salad**

**Friday - Beef Taco Salad**

\* All salads served with breadstick and fruit of the day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Soft W.G. Beef Taco x2 Lettuce + Cheese Seasoned Black Beans Fresh Broccoli Red Apple Tortilla Chips + Salsa Milk  Veg - bean taco	1          2 Papa John's Pizza Cheese or Pepperoni
Sloppy Joe on a WG Bun 5 Baby Carrots Red Apple Sun Chips Milk  Veg-Cheese Sandwich	WG Penne Pasta in Italian Meatsauce 6 Mixed Green Salad with Creamy Italian Dressing Salad topping Banana WG Garlic Toast Milk  Veg- pasta marinara	Swedish Meatballs 7 Mashed Potatoes Grape Tomatoes Pineapple Tidbits Slice of W.G. Bread Milk  Veg - brown rice + beans	Wild Rice Hot Dish 8 with Sliced Chicken Fresh Broccoli Orange W.G. Garlic Bread Stick Milk  Veg - vegetable rice soup	9          Papa John's Pizza Cheese or Pepperoni
W.G. Chicken Tenders 12 Seasoned Brown Rice Baby Carrots Red Apple Milk  Veg - cheese sandwich	Meatloaf Baked in a Tomato Beef Gravy 13 Mashed Potatoes Grape Tomatoes Sliced Peaches Slice of W.G. Bread Milk  Veg - brown rice + beans	W.G. Lasagna Roll with Meat Sauce 14 Mixed Green Salad with Creamy Italian Dressing Salad Topping Banana W.G. Garlic Bread Stick Milk  Veg - pasta marinara	15          No School	16          No School
BBQ Chicken 19 on a W.G. Bun Carrot + Celery Sticks Red Grapes Sun Chips Milk  Veg - cheese sandwich	Cheese Pizza 20 Mixed Salad with Creamy Italian Dressing Salad Topping Banana Milk  Veg - pasta marinara	Chicken Breast in a Chicken Gravy 21 Mashed Potatoes Grape Tomatoes Red Apple Slice of W.G. Bread Milk  Veg - brown rice + beans	White Chicken Chili 22 with Beans Fresh Broccoli Pineapple Tidbits W.G. Garlic Bread Stick Milk  Veg - bean chili	23          Papa John's Pizza Cheese or Pepperoni
W.G. Chicken Nuggets 26 Seasoned Brown Rice Baby Carrots Sliced Pears Milk  Veg - cheese sandwich	Salisbury Steak in a Beef Gravy 27 Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk  Veg - brown rice + beans	Sliced Chicken Alfredo 28 with W.G. Penne Pasta Mixed Green Salad with French Dressing Salad Topping Red Grapes W.G. Garlic Bread Stick Milk  Veg - pasta in Marinara	Softshell Beef Taco x2 29 Lettuce, Cheese, Salsa Seasoned Black Beans Fresh Broccoli Red Apple Tortilla Chips Milk  Veg- bean taco	30          Papa John's Pizza Cheese or Pepperoni