



# October 2022 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>National Taco Day 4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Spaghetti w/ Meatballs** Cheese Ravioli in Alfredo Grilled Zucchini & Squash* Garlic Bread Salad & Sandwich Bar Soup / Fruit / Dessert	Beef Taco* Cheese Nachos Spanish Rice** Seasoned Corn* Salad & Sandwich Bar Soup / Fruit / Dessert	Pulled Pork* Pulled Chicken* Macaroni & Cheese Sweet Potatoes* Salad & Sandwich Bar Soup / Fruit / Dessert	Crispy Chicken Thigh* Grilled Chicken* Seasoned Rice* Green Beans* Salad & Sandwich Bar Soup / Fruit / Dessert	Cheeseburger** Hotdog** Baked Beans* Corn Cobs (k-12) Corn (PreK)* Salad & Sandwich Bar Soup / Fruit / Dessert
<b>10</b>	<b>National Sausage Pizza Day 11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Chicken Quesadilla** Cheese Quesadilla** Spanish Rice* Yellow Corn* Salad & Sandwich Bar Soup / Fruit / Dessert	Sausage Breakfast Pizza Turkey Sausage & egg Biscuit** Home Fries* Roasted Brussel Sprouts* Salad & Sandwich Bar Soup / Fruit / Dessert	Corn Dog Popcorn Chicken* Mashed Potatoes** Mixed Vegetables* Salad & Sandwich Bar Soup / Fruit / Dessert	Chicken Pot Pie Swedish Meatballs w/ Gravy** Roasted Potatoes* Green Beans* Salad & Sandwich Bar Soup / Fruit / Dessert	Early Dismissal
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Closed for Fall Break	Closed-Professional Work Day	BBQ Pork Sandwich** Crispy Chicken Sandwich** Baked Beans* Sautéed Greens* Salad & Sandwich Bar Soup / Fruit / Dessert	Teriyaki Chicken Grilled Chicken* White Rice* Yellow Squash* Salad & Sandwich Bar Soup / Fruit / Dessert	Cheeseburger** Hotdog** French Fries* Corn Cobs (k-12) Corn (PreK)* Salad & Sandwich Bar Soup / Fruit / Dessert
<b>24</b>	<b>25</b>	<b>National Pumpkin Day 26</b>	<b>27</b>	<b>28</b>
Popcorn Chicken* Corn Dog Macaroni & Cheese Sweet Potatoes* Salad & Sandwich Bar Soup / Fruit / Dessert	Beef Taco* Cheese Nachos Spanish Rice** Seasoned Corn* Salad & Sandwich Bar Soup / Fruit / Dessert	Buffalo Chicken Sandwich** Grilled Chicken Sandwich** Pasta w/ Butter** Steamed Broccoli* Salad & Sandwich Bar Soup / Fruit / Dessert	White Chicken Chili* Beef & Bean Chili* Corn Bread Yellow Corn* Salad & Sandwich Bar Soup / Fruit / Dessert	Early Dismissal
<b>Caramel Apple Day 31</b>				
Spaghetti w/ Meatballs** Cheese Ravioli in Alfredo Grilled Zucchini & Squash* Garlic Bread Salad & Sandwich Bar Soup / Fruit / Dessert			<p style="text-align: center;"><b>ALLERGENS:</b></p> <p style="text-align: center;"><i>*Made Without Gluten</i></p> <p style="text-align: center;"><i>**Gluten Free Alternative Available</i></p> <p style="text-align: center;"><i>No Peanut/Tree Nuts/Shellfish used in any menu item</i></p>	<p style="text-align: center;"><i>Fried Chicken and Popcorn Chicken are battered in house with rice flour, allowing them to be made without gluten. Gluten free buns/bread are also available on request</i></p>