



October 2022- Lunch Menu

Students Must Take ½ Cup Of Fruit Plus 2 Other Items Of Their Choice

Sun	Mon	Tues	Wed	Thu	Fri	Sat
2 	3 Chicken Strips, Corn on the Cob, Baby Carrots, Pear, Grapes, Potato Chips Lays, BBQ Sauce, Ketchup	4 Spaghetti with Meat, Roll, Green Beans, Celery Stick, Cheese Cup, Red Apple	5 Cheese Pull Apart, Chicken Noodle Campbell Soup, Baby Carrots, Orange, Kiwis	6 Cheeseburger, Iceberg Lettuce Sliced Tomato, Jicama Stick, Mixed Fruit, Peaches, Ketchup, Mustard, Pretzels	7 Tuna Sandwich, Iceberg Lettuce, Sliced Tomato, Broccoli, Avocado (9 th -12 th) only, Red Apple, Hot Cheetos, Mustard	1 
9	10 Bean and Cheese Burrito, Mexican Rice, Salsa, Baby Carrots, Pineapple, Orange	11 Cheeseburger Sliders, Iceberg Lettuce, Sliced Tomato, Celery Stick, Apple Juice, Kiwis, Ketchup, Mustard	12 Pepperoni Pizza, Mixed Salad, Baby Carrots, Mixed Fruit, Peaches, Jalapenos, Ranch	13 Pozole with Pork Meat, Shredded Cabbage, Red Radish, Corn Tortilla Chips, Lemon, Celery Stick, Red Apple	14 Chicken Fajitas, Soft Tortilla, Shredded Lettuce, Diced Tomato, Baby Carrots, Oranges, Kiwis, Salsa, Sour Cream	15
16	17 Chile Dogs (6 th -12 th) only, Potato Salad, Celery Stick, Chicken Nuggets, (PS-5 th) Roll, Green Apple, Mixed Fruit, Ketchup, Mustard, Funyuns Chips	18 Red Chicken Tamales, Rice, Broccoli, Salsa, Baby Carrots, Red Apple	19 Baked Potato Bar (6 th -12 th) only, Bean and Cheese Burrito (PS-5 th), Roll, Cheese Cup, Bacon, Sour Corn, Celery Stick, Orange, Apple Juice	20 Chicken Sandwich, Iceberg Lettuce, Sliced Tomato, Jicama Stick, Pear, Pineapple, Ketchup, Mustard, Hot Cheetos	21 Ham and Cheese Sandwich, Iceberg Lettuce, Sliced Tomato, Baby Carrots, Strawberries, Applesauce, Mustard, Pretzels	22
23	24 Chile Verde, Flour Tortillas, Rice, Shredded Lettuce, Diced Tomato, Celery Stick, Red Apple	25 Chicken Strips, Baked Fries, Baby Carrots, Orange, Mixed Fruit, BBQ Sauce, Ketchup	26 Frito Boat, Mixed Salad, Broccoli, Cheese Cup, Apple Juice, Pear, Frito Chips	27 Pepperoni Pizza, Corn, Baby Carrots, Peaches, Pineapple, Ranch, Jalapenos	28 Hamburger, Iceberg Lettuce, Sliced Tomato, Red Onions, Celery Sticks, Mixed Fruit, Orange, Ketchup, Mustard, Doritos	29
30	31 Spaghetti with Meat, Roll, Green Beans, Baby Carrots, Cheese Cup, Red Apple	On Thursday and Friday, High School Students (9th-12) will have the option to take either the main meal served for the day, or Salad Bar freshly prepared daily. Mixed Salad, Spinach, Cucumber, Broccoli, Cheese Cup, Diced Ham, Shredded Carrots, Boiled Egg, Croutons, Ranch		Milk With Every Meal	Menu Subject To Change	