



October 2023- Lunch Menu

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

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1 	2 Cheeseburger Sliders, Shredded Lettuce, Diced Tomato, Cucumber, Pineapple, Peaches, Ketchup, Mustard, Garbanzo Beans	3 Pepperoni Pizza, Corn, Baby Carrots, Fresh Orange, Frozen Berries, Ranch, Jalapenos	4 Spaghetti with Meat, Roll, Green Beans, Cheese Cup, Red Apple, Pear, Celery Stick	5 Green Chicken Tamales, Rice, Cucumber, Jicama Stick, Orange Juice, Fresh Grapes, Salsa	6 Ham and Cheese Sandwich, Iceberg Lettuce, Sliced Tomato, Celery Stick, Fresh Pear, Mixed Fruit, Mustard, Doritos	7 
8	9 Chicken Wings, Corn on the Cob, Macaroni Salad, Roll, Orange, Peaches, Ranch	10 Cheese Pull Apart, Campbell Chicken Noodle Soup, Celery Stick, Red Apple, Pineapple	11 Frito Boat, Cheese Cup, Salad Mixed, Baby Carrots, Pear, Kiwis, Frito Chips	12 Chicken Strips, Roll, Watermelon, Apple Slices, Jicama Sticks, Cucumber, BBQ Sauce, Ketchup	13 Hot Dog (Except PS Pepperoni Pizza), Strawberries, Potato Salad, Baby Carrots, Orange, Ketchup, Mustard, Hot Cheetos	14
15	16 Baked Potato Bar (6 th -12 th) only, Chicken Nuggets (PS-5 th) only, Cheese Cup, Roll, Bacon, Green Onion, Sour Cream, Nectarine, Baby Carrots, Celery Stick, Ketchup	17 Barbacoa Burrito, Shredded Lettuce, Diced Tomato, Cucumber, Orange Juice, Pear, Salsa	18 Orange Chicken, Steamed Rice, Broccoli, Corn, Red Apple, Kiwis	19 Cheeseburger, Iceberg Lettuce, Sliced Tomato, Jicama Stick, Mixed Fruit, Orange, Ketchup, Mustard, Lays Potato Chip	20 Ham and Cheese Sandwich, Iceberg Lettuce Sliced Tomato, Cucumber, Strawberries, Peaches, Mustard, Mini Chocolate Chip Cookies	21
22	23 Pepperoni Pizza, Corn on the Cob, Celery Stick, Apple Juice, Nectarine, Ranch, Green Jalapenos	24 Ground Beef Tostado, Shredded Lettuce, Diced Tomato, Baby Carrots, Applesauce, Pears, Salsa	25 Chicken Sandwich, Iceberg Lettuce, Diced Tomato, Celery Stick, Mixed Fruit, Pineapple, Ketchup, Mustard, Hot Cheetos	26 Chicken Strips, Roll, Jicama Sticks, Broccoli, Peaches, Green Apple, BBQ Sauce, Ketchup	27 Tuna Sandwich, Iceberg Lettuce, Sliced Tomato, Cucumber, Orange Juice, Pear, Mustard, Avocado (9 th -12 th) only, Doritos	28
29	30 Hamburger, Iceberg Lettuce, Sliced Tomato, Baby Carrots, Nectarine, Apple Slices, Ketchup, Mustard, Sun Chips	31 Beef Stew, Saltine Crackers, Celery Stick, Lemon, Orange Juice, Kiwis, Roll	On Thursday and Friday, High School students (9 th -12 th) 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, Garbanzo Beans, Croutons, Ranch		Milk With Every Meal	Menu Subject To Change