

# OCTOBER | 2022

## Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3</b></p> <p>Mandarin Orange Chicken (31g) Vegetable Fried Rice (27g) Stir Fry Veggies (3g) Carroteenies (8g) Pineapple Tidbits (15g) Raisins (32g)</p>	<p><b>4</b></p> <p>Personal Pizza (33g) Corn (13g) Cucumber Slices (4g) Mandarin Oranges (16g) Apple Slices (8g)</p>	<p><b>5</b></p> <p>Frito Chili Taco (28g) Green Beans (3g) Carrots &amp; Celery (4g) Diced Pears (19g) 100% Fruit Juice (13g)</p>	<p><b>6</b></p> <p>Chicken &amp; Waffles (35g) Baked Beans (28g) Fresh Veggie Mix (5g) Sliced Peaches (17g) Fresh Fruit Cup (8g)</p>	<p><b>7</b></p> <p>Mini Corn Dogs (36g) Potato Smiles (25g) Tossed Salad (2g) Applesauce Cup (14g) Banana (27g)</p>
		<p><b>12</b></p> <p>Pizza Crunchers (42g) Corn (13g) Fresh Broccoli (3g) Applesauce Cup (14g) 100% Fruit Juice (13g)</p>	<p><b>13</b></p> <p>Chicken Nuggets (13g) Mashed Potatoes (19g) Fresh Veggie Mix (5g) Dried Cherries (32g) Fresh Fruit Cup (8g)</p>	<p><b>14</b></p> <p>4x6 pizza (27g) Cooked Carrots (7g) Tossed Salad (2g) Diced Pears (19g) Strawberries (6g) Mini Ice Cream Sandwich (19g)</p>
<p><b>17</b></p> <p>Chicken Patty on Bun (42g) Potato Wedges (14g) Fresh Veggie Mix (5g) Fresh Apples (19g) Sidekicks (20g)</p>	<p><b>18</b></p> <p>Cheesy Pull Aparts (30g) Marinara Cup (7g) Winter Blend Veggies (2g) Diced Pears (19g) Applesauce Cup (14g)</p>	<p><b>19</b></p> <p>Frito 3-way (21g) or Spaghetti 3-way (41g) Cooked Carrots (7g) Cucumber Cup (4g) Pineapple Tidbits (15g) Craisins (27g)</p>	<p><b>20</b></p> <p>Chicken Tenders (14g) Mashed Potatoes (19g) Green Beans (3g) Sliced Peaches (17g) Fresh Fruit Cup (8g)</p>	<p><b>21</b></p> <p>Hot Dog (27g) Spiral Fries (25g) Fresh Broccoli (3g) Orange Slices (15g) 100% Fruit Juice (13g)</p>
<p><b>24</b></p> <p>Mandarin Orange Chicken (31g) Vegetable Fried Rice (27g) Stir Fry Veggies (3g) Carroteenies (8g) Pineapple Tidbits (15g) Raisins (32g)</p>	<p><b>25</b></p> <p>Personal Pizza (33g) Corn (13g) Cucumber Slices (4g) Mandarin Oranges (16g) Apple Slices (8g)</p>	<p><b>26</b></p> <p>Frito Chili Taco (28g) Green Beans (3g) Carrots &amp; Celery (4g) Diced Pears (19g) 100% Fruit Juice (13g)</p>	<p><b>27</b></p> <p>Chicken &amp; Waffles (35g) Baked Beans (28g) Fresh Veggie Mix (5g) Sliced Peaches (17g) Fresh Fruit Cup (8g)</p>	<p><b>28</b></p> <p>Early Release Day Menus will vary by school</p>
<p><b>31</b></p> <p>Pumpkin Pretzel (28g) w/ Cheese (4g) Steamed Broccoli (5g) Carrots &amp; Celery (4g) Mandarin Oranges (16g) Apple Slices (8g)</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>

### Lunch Prices

Full Pay – \$3.00  
Reduced Pay - \$.40  
No charge - \$.00  
Adult Meal - \$ 4.25

### Available Daily

Anytimers Lunch Boxes  
Deli Sandwiches

### Fresh Fruit Choices

Red Apple (21g)  
Green Apple (25g)  
Orange (11g)  
Banana (27g)  
Red Grapes (14g)  
Green Grapes (14g)  
Strawberries (6g)  
Pear (27g)

### Milk Choices

FF White (13g)  
1% White (13g)  
FF Chocolate (19g)  
FF Strawberry (19g)

Get our menus on your phone!

