

OCTOBER



K-6 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 CORN DOG Waffle Fries Grape Tomatoes Seasonal Fresh Fruit Ketchup, Individual Cup Fry Sauce Cup Mustard Packet 1% Milk Chocolate Milk Skim Milk	4 BEEF TACOS Refried Beans Steamed Corn Shredded Lettuce Seasonal Fresh Fruit Salsa 1% Milk Chocolate Milk Skim Milk	5 MANDARIN ORANGE CHICKEN Brown Rice (1 cup) Fortune Cookie Steamed Broccoli Seasonal Fresh Fruit 1% Milk Chocolate Milk Skim Milk	6 HOT HAM & CHEESE SANDWICH Chips, Flavor Variety Carrot Sticks Seasonal Fresh Fruit Mustard Packet Mayonnaise Packet Ranch Dressing Cup 1% Milk Chocolate Milk Skim Milk	7 WHOLE GRAIN CHICKEN NUGGETS Whole Grain Breadstick Steamed Summer Squash Seasonal Fresh Fruit BBQ Sauce Cup Ketchup, Individual Cup 1% Milk Chocolate Milk Skim Milk
10 FISH STICKS Crinkle Cut Sweet Potato Fries Seasonal Fresh Fruit Tartar Sauce Fry Sauce Cup Ketchup, Individual Cup 1% Milk Chocolate Milk Skim Milk	11 CHICKEN FAJITA NACHOS Black Beans Seasonal Fresh Fruit Shredded Lettuce Jalapenos Salsa 1% Milk Chocolate Milk Skim Milk	12 GRILLED CHEESE SANDWICH Pudding Cup, Flavor Variety Steamed Broccoli Seasonal Fresh Fruit Ketchup, Individual Cup Chocolate Milk 1% Milk Skim Milk	<h1>FALL BREAK</h1>	
<h1>FALL BREAK</h1>		19 WHOLE GRAIN CHEESE PIZZA WHOLE GRAIN PEPPERONI PIZZA Yogurt Cup Garden Salad Seasonal Fresh Fruit Ranch Dressing Cup 1% Milk Chocolate Milk Skim Milk	20 DEEP DISH HAM & RICE Chocolate Chip Cookie Roasted Rainbow Carrots Seasonal Fresh Fruit Chocolate Milk 1% Milk Skim Milk	21 HAMBURGER Sunchips, Flavor Variety Lettuce, Pickle, Tomato Garnish Baked Beans Carrot Sticks Seasonal Fresh Fruit Ketchup, Individual Cup Mustard Packet Ranch Dressing Cup Chocolate Milk 1% Milk Skim Milk
24 BEAN & CHEESE BURRITO Tortilla Chips Carrot Sticks Seasonal Fresh Fruit Salsa Ranch Dressing Cup 1% Milk Chocolate Milk Skim Milk	25 TERIYAKI CHICKEN Brown Rice (1 c) Fortune Cookie Steamed Edamame Seasonal Fresh Fruit Chocolate Milk 1% Milk Skim Milk	26 CHICKEN POTATO BOWL Whole Grain Breadstick Seasonal Fresh Fruit BBQ Sauce Cup Ketchup, Individual Cup Chocolate Milk 1% Milk Skim Milk	27 SLOPPY JOE SANDWICH Baked Beans Roasted Broccolini Seasonal Fresh Fruit Chocolate Milk 1% Milk Skim Milk	28 WHOLE GRAIN CHICKEN NUGGETS Whole Grain Breadstick Roasted Brussels Sprouts Seasonal Fresh Fruit Ketchup, Individual Cup Fry Sauce Cup BBQ Sauce Cup Ranch Dressing Cup Chocolate Milk 1% Milk Skim Milk
31 CORN DOG Spooky Cookie Carrot Sticks Halloween Bean Salad Seasonal Fresh Fruit Ketchup, Individual Cup Fry Sauce Cup Mustard Packet 1% Milk Chocolate Milk Skim Milk	<p>Menus are subject to change in accordance with product availability. Please contact your kitchen manager for up-to-date menu and nutrition information.</p> <p>This institution is an equal opportunity provider.</p>			



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