



Milk choices- Skim, 1% and Chocolate offered daily
 Lettuce salad with toppings offered daily
 Sunflower butter with jelly Sandwich offered daily
 Menu subject to change due to unforeseen circumstances
 This institution is an equal opportunity provider



updated 10/19/2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hamburger on Bun
 OR Garlic Cheesy Bread
 with Spaghetti Sauce
 Baked Beans/ Celery Sticks
 Pine Tree Apple/ Raisins **3**

Chicken Tenders/ Roll
 OR Grilled Cheese with
 Tomato Soup
 Steamed Carrots/ Coleslaw
 Orange Slices/ Pears
 Sherbet **4**

Pizza Crunchers with Sauce
 OR Chicken Bites **5**
 Mashed Potatoes with Gravy
 Green Beans/ Cucumber Slices
 Cantaloupe/ Sliced Peaches

Maple Pancakes with
 Cheese Omelet **6**
 OR Chicken Nuggets/ Dinner Roll
 Corn/ Carrot sticks
 Grapes/ Strawberry slices

Beef or Bean Nachos **7**
 Or Fish Sandwich
 Black Bean Salsa
 Broccoli with Cheese Sauce
 Banana/ Applesauce
 Giant Cinnamon Goldfish

NO SCHOOL **10**

National School Lunch Week

Beef or Bean Taco in bag
 OR Orange Chicken **11**
 Brown Rice
 Corn/ Diced Tomatoes
 Fresh Pear/ Sliced Peaches
 Craisins


Macaroni and Cheese
 OR Shrimp Poppers **12**
 Cheesy Bread Bites
 Green Beans/ Celery Sticks
 Honeydew/ Applesauce
 Frozen *Froot Jooce* cup

Pasta & Meat/Plain Sauce
 Breadstick **13**
 OR Chicken Sandwich
 Caesar Salad/ Cauliflower
 Diced Pears
 Apple Crunch – Pine Tree Apple

Beef Hot Dog on Bun **14**
 OR Cheese Quesadilla
 Smiley Potatoes/ Carrot Sticks
 Banana/ Strawberry cup
 Frozen Jonny Pop

Breaded Cheese Ravioli
 with Breadstick **17**
 OR Hamburger on Bun
 Green Beans/ Lettuce Salad
 Grapes/ Peach cup
 Chat Snax Cracker

Chicken and Waffles **18**
 OR Mini Corn Dogs
 Crunchy Salad
 Steamed Broccoli/ Carrot Sticks
 Mixed Fruit/ Raisins

Dominos Cheese Pizza  **19**
 OR Chicken Bites
 Caesar Salad
 Corn/ Celery Sticks
 Strawberry cup/ Applesauce
 Ice cream cup

NO SCHOOL **20**

NO SCHOOL **21**


Chicken Drumstick **24**
 OR Beef and Cheese
 Tachos (Tater tot nachos)
 Pretzel stick or Garlic Knot
 Black Beans/Corn/ Fresh Tomatoes
 Mixed Fruit/Sour Watermelon Raisins

Stuffed Crust Pizza **25**
 OR Chicken Alfredo over
 Pasta with Breadstick
 Steamed Carrots/ Caesar Salad
 Pine Tree Apple/ Sliced Peaches

Breaded Chicken Sandwich **26**
 on Bun OR Turkey and Gravy
 Dinner Roll
 Mashed Potatoes
 Steamed Broccoli/ Coleslaw
 Craisins/ Applesauce

Mini Maple Waffles **27**
 OR Mini Corn Dogs
 Yogurt
 Green Beans/ Fresh Carrots
 Fresh Pear/ Strawberry cup

Beef Taco **28**
 OR Chicken Tenders
 Cilantro Lime Rice/Black Beans
 Corn/ Fresh Cauliflower
 Banana/ Diced Pears
 Giant Cinnamon Goldfish

Hamburger on Bun **31**
 OR Garlic Cheesy Bread
 with Spaghetti Sauce
 Smiley Potatoes/ Carrot Sticks
 Orange Slices/ Sliced Peaches
 Fudge Bar 



Pricing:
 Lunch = \$2.70
 Lunch Reduced/Free = Free
 Ala Carte Milk = \$0.60
 Ala Carte Water = \$0.75