

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Daily Options:</b></p> <p>Roast Turkey Breast /Ham Sandwich                      Daily Special Soups                      Daily Side Salads                      Milk and Water Bottles</p> 			<p><b>1</b>                      Chicken Tenders                      OR: Breaded Eggplant Tenders                      WITH: Mashed Potatoes                      Baby Carrots and Ranch                      Diced Pineapple</p>	<p><b>2</b>                      Pizza Day!                      Meatless Friday!                      Cheese Pizza                      WITH: Roasted Broccoli                      Fruit Salad                      Chocolate Chip Cookie</p>
<p><b>5</b>                      Spaghetti in a Savory Turkey Meat Sauce                      OR: Spaghetti with Garden Vegetables in Herb Sauce                      WITH: Garlic Breadsticks                      Vegetable Medley                      Fresh Orange Wedges</p>	<p><b>6</b>                      Herbed Chicken Legs                      OR: Black Bean Burger                      WITH: Fluffy Rice                      Steamed Broccoli                      Applesauce</p>	<p><b>7</b>                      Beef Soft Tacos                      OR: Bean and Cheese Tacos                      WITH: Shredded Cheddar Cheese                      Sweet Yellow Corn                      Tropical Fruit</p>	<p><b>8</b>                      Crispy Chicken Sandwich                      OR: Vegetarian Burger                      WITH: Honey Mustard                      Green Beans                      French Fries</p>	<p><b>9</b>                      Meatless Friday!                      Twist &amp; Shout                      Mac 'n Cheese                      WITH: Green Peas                      Diced Peaches</p>
<p><b>12</b>                      Columbus Day!</p>	<p><b>13</b>                      Creamy Chicken Alfredo                      OR: Creamy Alfredo Pasta                      WITH: Caesar Salad                      Garlic Bread Sticks                      Fruit</p>	<p><b>14</b>                      Chicken Tenders                      OR: Breaded Eggplant Tenders                      WITH: Sun Chips                      Roasted Squash                      and Zucchini                      Diced Cantaloupe</p>	<p><b>15</b>                      Home Made Meatloaf                      OR: Vegetarian Burger                      WITH: Mashed Potatoes                      Green Peas                      Cinnamon Apples</p>	<p><b>16</b>                      Meatless Friday!                      Cheese Quesadilla                      WITH: Marinara Dip                      Steamed Corn                      Mixed Fruit                      Brownies</p>
<p><b>19</b>                      Faculty Professional Development Day</p>	<p><b>20</b>                      Beef Stroganoff                      OR: Mushroom Stroganoff                      WITH: Steamed Peas                      Diced Peaches</p>	<p><b>21</b>                      Turkey Pot Pie                      OR: Vegetarian Pot Pie                      WITH: Caesar Salad                      Soft Roll                      Fruit</p>	<p><b>22</b>                      All American Hamburger                      OR: Vegetarian Burger                      WITH: Soft Bun                      Sliced American Cheese                      Baked French Fries                      Lettuce, Tomato, Pickle                      Orange Wedges</p>	<p><b>23</b>                      Meatless Friday!                      Pizza Sticks                      and Marinara Dip                      WITH: Steamed Broccoli                      Garden Salad                      Sliced Peaches</p>
<p><b>26</b>                      Sloppy Joes                      OR: Black Bean Burger                      WITH: Cole Slaw                      Baked Beans                      Mandarin Oranges</p>	<p><b>27</b>                      BBQ Chicken Pita Pizza                      OR: Cheese Pita Pizza                      WITH: Celery Sticks                      with Ranch Dip                      Diced Pineapple</p>	<p><b>28</b>                      Brunch for Lunch                      French Toast Sticks                      and Syrup                      WITH: Caesar Salad                      Oven Roasted Red Potatoes                      Mandarin Oranges</p>	<p><b>29</b>                      Corn Dogs                      OR: Veggie Burger                      WITH: Sweet Potato Fries                      Roasted Broccoli                      Tropical Fruit</p>	<p><b>30</b>                      Meatless Friday!                      Grilled Cheese Sandwich                      WITH: Chips                      Garden Salad                      Fresh Fruit</p> 

V = Vegetarian Entrée Options

Milk and Water Served with Lunch Daily

We are committed to Healthy, Nutritious & Delicious Meals.  
 Locally sourced ingredients included whenever possible.  
 No High Fructose Corn Syrup, Trans Fats,  
 or MSG are used in our recipes.

Monday Tuesday Wednesday Thursday Friday

**Daily Options:**

Roast Turkey Breast /Ham Sandwich  
 Daily Special Soups  
 Daily Side Salads  
 Milk and Water Bottles

**2**  
**Chicken Tenders** WS  
 OR: **Breaded Eggplant Tenders** WSE  
**WITH:** Mashed Potatoes S  
 Baby Carrots and Ranch EMS  
 Diced Pineapple NONE

**3**  
**Cheese Pizza** WSM  
**WITH:** Roasted Broccoli S  
 Fruit Salad NONE  
 Chocolate Chip Cookie EMSW

**5**  
**Spaghetti in a Savory Turkey Meat Sauce** WSM  
 OR: **Spaghetti with Garden Vegetables in Herb Sauce** WSM  
**WITH:** Garlic Breadsticks WS  
 Vegetable Medley S  
 Fresh Orange Wedges NONE

**6**  
**Herbed Chicken Legs** S  
 OR: **Black Bean Burger** WSM  
**WITH:** Fluffy Rice S  
 Steamed Broccoli S  
 Applesauce NONE

**7**  
**Beef Soft Tacos** WS  
 OR: **Bean and Cheese Tacos** WSM  
**WITH:** Shredded Cheddar Cheese SM  
 Sweet Yellow Corn S  
 Tropical Fruit NONE

**8**  
**Crispy Chicken Sandwich** SW  
 OR: **Vegetarian Burger** SWM  
**WITH:** Honey Mustard SE  
 Green Beans S  
 French Fries S

**9**  
**Twist & Shout Mac 'n Cheese** WSM  
**WITH:** Green Peas S  
 Diced Peaches NONE

**12**  
**Columbus Day!**

**13**  
**Creamy Chicken Alfredo** WSM  
 OR: **Creamy Alfredo Pasta** WSM  
**WITH:** Caesar Salad WSEF  
 Garlic Bread Sticks WSM  
 Fruit NONE

**14**  
**Chicken Tenders** WS  
 OR: **Breaded Eggplant Tenders** WSE  
**WITH:** Sun chips WM  
 Roasted Squash and Zucchini S  
 Diced Cantaloupe NONE

**15**  
**Home Made Meatloaf** SEW  
 OR: **Vegetarian Burger** SWM  
**WITH:** Mashed Potatoes MS  
 Green Peas S  
 Cinnamon Apples NONE

**16**  
**Cheese Quesadilla** WMS  
**WITH:** Marinara Dip M  
 Steamed Corn S  
 Mixed Fruit NONE  
 Brownies EMSW

**19**  
**Faculty Professional Development Day**

**20**  
**Beef Stroganoff** WEM  
 OR: **Mushroom Stroganoff** WEM  
**WITH:** Steamed Peas S  
 Diced Peaches NONE

**21**  
**Turkey Pot Pie** WEMS  
 OR: **Vegetarian Pot Pie** WEMS  
**WITH:** Caesar Salad WSEF  
 Soft Roll MWS  
 Fruit NONE

**22**  
**All American Hamburger** WS  
 OR: **Vegetarian Burger** SWM  
**WITH:** Soft Bun WS  
 Sliced American Cheese M  
 Baked French Fries S  
 Lettuce, Tomato, Pickle NONE  
 Orange Wedges NONE

**23**  
**Pizza Sticks and Marinara Dip** WSM  
**WITH:** Steamed Broccoli S  
 Garden Salad SEM  
 Sliced Peaches NONE

**26**  
**Beefy Cheesy Mac** WSM  
 OR: **Veggie Mac** WSM  
**WITH:** Vegetable Medley S  
 Fresh Orange Wedges NONE

**27**  
**BBQ Chicken Pita Pizza** WSM  
 OR: **Cheese Pita Pizza** WSM  
**With:** Celery Sticks with Ranch SEM  
 Diced Pineapple NONE

**28**  
**Brunch for Lunch**  
**French Toast Sticks and Syrup** SWE  
**WITH:** Caesar Salad SEM  
 Red Potatoes S  
 Mandarin Oranges NONE

**29**  
**Corn Dogs** WS  
 OR: **Veggie Burger** SWM  
**WITH:** Sweet Potato Fries S  
 Roasted Broccoli S  
 Tropical Fruit NONE

**30**  
**Grilled Cheese Sandwich** WSM  
**WITH:** Chips S  
 Garden Salad SEM  
 Fresh Fruit NONE



**\*\*All Pasta Products are Processed in a Facility that Uses Egg\*\***

This list is comprised of the most common allergens we chart, including eggs, soy product, wheat, and milk.

Though we have identified most possible allergens and ingredients, this form is intended as a broad reference only. While we make every attempt to identify these common allergens, please know that it is ultimately up to you, the parent, to help your child avoid problem foods. We urge parents of children with severe allergies to work closely with your pediatrician and your school before deciding on whether or not to participate in the school lunch program.

This institution is an equal opportunity provider.