



Alt: 10/01-10/04 Bagel with Cream Cheese OR  
Butter, Yogurt, American Cheese  
10/09-10/12 Tuna Fish Sandwich  
10/15-10/19 Deli Turkey Sandwich  
10/22-10/26 Egg Salad Sandwich  
10/29-11/02 Deli Ham Sandwich



Five food components are offered with each lunch - milk, grain, meat/meat alternate, fruit and vegetable. Students must select AT LEAST 3 out of the 5 components and 1 of the components must be 1/2c fruit or vegetable. Lunch menu subject to change. Lunch \$2.85



"THIS INSTITUTION IS AN EQUAL OPPORTUNITY"

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Choice of Cereal Bowl **1**  
Honey Graham Crackers  
Boiled Egg  
Raw Veggie Cup  
Assorted Fruit

Potato Bar with all the **2**  
Fixings  
Homemade Chili  
Warm WW Dinner Roll  
Broccoli, Assorted Fruit

Spaghetti With Meat **3**  
Sauce  
WW Bread & Butter  
Corn On The Cob  
Assorted Fruit

Hotdog On A WW Roll **4**  
Baked Beans  
Sour Pickle Chips  
Assorted Fruit

**NO School** **5**  
**Prof.**  
**Development**  
**Day**

**NO School** **8**  
**Columbus**  
**Day**

Hamburger/Cheeseburg **9**  
On A WW Roll  
Spinach Salad  
Baked Beans  
Assorted Fruit

Chicken Alfredo With **10**  
Penne  
WW Bread and Butter  
Steamed Broccoli  
Assorted Fruit

Homemade Chili **11**  
Tostitos Scoop  
Baked Beans  
Celery Sticks  
Assorted Fruit

Stuffed Cheese **12**  
Bosco Stick  
Marinara Sauce for dipping  
Carrots  
Assorted Fruit

Mini Waffles **15**  
Syrup  
Ham Slice  
Raw Veggie Cup  
Assorted Fruit

Grilled Cheese Sandwich **16**  
Soup, Crinkle Fries  
Raw Veggie Cup  
with Dipping Dressing  
Assorted Fruit

Pasta With Red Sauce **17**  
Breaded Chicken Filet  
Cooked Carrots  
Assorted Fruit

Beef Nachos with all the **18**  
Fixings  
Brown Rice  
Baked Beans, Sweet Corn  
Assorted Fruit

Tony's Single Serve Pizza **19**  
Steamed Broccoli  
Assorted Fruit

Mini French Toast **22**  
Syrup  
Sausage Patty  
Raw Veggie Cup  
Assorted Fruit

Chicken Tenders **23**  
Buttered Noodles  
Mixed Vegetables  
Assorted Fruit

Pasta With Meat Sauce **24**  
WW Bread & Butter  
Steamed Broccoli  
Assorted Fruit

Hamburger/Cheeseburg **25**  
on a WW Roll  
Crinkle Fries  
Baked Beans  
Assorted Fruit

**BIG Daddy Cheese OR** **26**  
**Pepperoni Pizza**  
Cooked Carrots  
Assorted Fruit

Mini Pancakes **29**  
Syrup, Ham Slice  
Raw Veggie Cup  
w/dipping dressing  
Assorted Fruit

Chicken and Cheese **30**  
Quesadilla  
Brown Rice  
Baked Beans  
Assorted Fruit

Cheese Ravoli, **31**  
Red Sauce, Meatballs  
WW Dinner Roll  
Carrots  
Assorted Fruit

