

Lunch Menu



Cycle Menu (3-week cycle ***)

October - November 2022

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/17-10/21	<p>Chicken Fajitas 3 oz Pinto beans ½ c Chopped Salad ¼ c Flour tortilla Orange LF Milk</p> <p>Alt - Chef Salad</p>	<p>WG Pasta w/ Mt Sauce 1 c Green Beans ½ c WG Roll Apple LF Milk</p> <p>Alt - Chef Salad</p>	<p>WG Chicken Sandwich 3 oz WG Bun Baby Carrots ½ c Fresh Pear LF Milk</p> <p>Alt - Chef Salad</p>	<p>Hamburger 3 oz WG Bun Baked Fries ½ c Diced Peaches ½ c LF Milk</p> <p>Alt - Chef Salad</p>	<p>WG Pizza 4.6 oz Chopped Salad ½ c Apple LF Milk</p> <p>Alt - Chef Salad</p>
10/24-10/28	<p>WG Chicken Nuggets 3 oz Mashed Potatoes ½ c Applesauce ½ c LF Milk</p> <p>Alt - Chef Salad</p>	<p>Turkey Hot Dog 4 oz WG Bun Cole slaw ½ c Orange ½ c LF Milk</p> <p>Alt - Chef Salad</p>	<p>Teriyaki Beef 3 oz WG Rice 1/3 c Green Beans ½ c Pineapple Chunks ½ c LF Milk</p> <p>Alt - Chef Salad</p>	<p>WG Chicken Strips 3 Oz WG Rice ½ c Carrots ½ c Pear LF Milk</p> <p>Alt - Chef Salad</p>	<p>Turkey and Cheese Sub WG Sub Roll 3 oz Baby Carrots ¼ c Mac Salad ¼ c Orange LF Milk</p> <p>Alt - Chef Salad</p>
10/31-11/04	<p>BBQ Pork Sandwich 3 oz WG Bun Potato Salad ½ c Banana ½ c LF Milk</p> <p>Alt - Chef Salad</p>	<p>WG Popcorn Chicken 3 oz Mashed Potatoes ½ c Fresh Pear LF Milk</p> <p>Alt - Chef Salad</p>	<p>WG Mac & Cheese 1 c Green Beans ½ c Orange LF Milk</p> <p>Alt - Chef Salad</p>	<p>WG Corn Dog 4 oz Baby Carrots ¼ c Gala Apple LF Milk</p> <p>Alt - Chef Salad</p>	<p>Green Chile Meat 1 c Romaine Salad ½ c WG Flour tortilla Granny Apple LF Milk</p> <p>Alt - Chef Salad</p>
11/07-11/11	<p>WG Popcorn Chicken 3 oz Mashed Potatoes ½ c Granny Apple ½ c LF Milk</p> <p>Alt - Chef Salad</p>	<p>WG Pasta w/ Mt Sauce 1 c Broccoli Florets ½ c WG Roll Pear LF Milk</p> <p>Alt - Chef Salad</p>	<p>Salisbury Steak 3 oz Mashed Potatoes ½ c WG Roll 1.25 oz Orange ½ c LF Milk</p> <p>Alt - Chef Salad</p>	<p>Ham & Cheese Sub WG Sub Roll 3 oz Potato Salad ½ c Gala Apple LF Milk</p> <p>Alt - Chef Salad</p>	<p>WG Bean & Cheese Burrito 4.2 oz Cucumber slices ½ c Applesauce ½ c LF Milk</p> <p>Alt - Chef Salad</p>

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