



Monday

Tuesday

Wednesday

Thursday

Friday

Monday, October 2

BBQ Chicken Sandwich
WG Hamburger Bun
Green Beans
Pickles
Orange Slices

Tuesday, October 3

WG Chicken Nuggets
WG Bread Slice
Peas
Baked Beans
Applesauce
Ketchup Packet

Wednesday, October 4

Creamy Mac 'n Cheese
Broccoli
Lemony Chickpea Salad
Pear Slices

Thursday, October 5

Three Bean Chili
Corn Bread
Potato Fries
Celery
Melon

Friday, October 6

WG Garlic & Herb Cheese Pizza
Baby Carrots
Red Pepper Strips
Fruit Salad CHP

Monday, October 9

Beef Burger w/ American Cheese
WG Hamburger Bun
Roasted Sweet Potatoes
Baked Beans
Apple Slices
Ketchup Packet
Pickle Chips

Tuesday, October 10

Mojo Chicken Thigh
Herbed Basmati Rice
Greek Cucumber Salad
Roasted Chickpeas
Orange Slices

Wednesday, October 11

WG Penne Mostaccioli
Broccoli
Honey Carrots
Pear Slices

Thursday, October 12

Green Chicken Pozole w/ Lime
WG Tortilla Chips
Cabbage
Black Bean & Corn Salad
Pineapple

Friday, October 13

Scrambled Eggs
WG Pancakes
Roasted Potatoes
Cucumber Slices
Melon
Syrup Packet

Monday, October 16

WG "Crispy" Chicken Patty
WG Hamburger Bun
Roasted Sweet Potatoes
GF/DF/EF Coleslaw
Orange Slices
Ketchup Packets

Tuesday, October 17

Chicken Tinga Taco
Corn Tortilla
Corn
Seasoned Black Beans
Pear Slices

Wednesday, October 18

WG Rotini w/ Tomato Cream
Sauce & Mozzarella Cheese
Broccoli
Red Pepper Strips
Apple Slices

Thursday, October 19

Turkey Sloppy Joe
WG Hamburger Bun
Squash Medley
Baked Beans
Melon

Friday, October 20

WG Tomato Basil Pesto Pizza
Baby Carrots
Celery
Fruit Salad CHP

Monday, October 23

Beef Hot Dog
WG Hot Dog Bun
Steamed Carrots
Three Bean Salad
Applesauce
Ketchup Packet

Tuesday, October 24

WG Penne Pasta w/ Marinara
Sauce & Mozzarella
Cucumber Salad
Red Pepper Strips
Apple Slices

Wednesday, October 25

Turkey Meatloaf & Gravy
Corn Bread
Mashed Potatoes
Honey Carrots
Pear Slices

Thursday, October 26

Southwest Chicken Drumstick
Spanish Rice
Corn
Seasoned Black Beans
Pineapple

Friday, October 27

WG Grilled Cheese Provolone
& American
Broccoli
GF/DF/EF Coleslaw
Fruit Salad CHP

WG = Whole Grain
CHP = Cantaloupe, Honeydew, Pineapple

Hot Lunch

October 2023