



National School Lunch Week is Oct 14-18. Family members are invited to eat lunch with their child and see the variety school lunch offers for only \$3.75!



Students have a choice between a hot main entrée or for the month of October and a Wow Butter and Jelly sandwich. 5th and 6th grade students have another choice for a weekly specialty option:
 Oct 1-4: Turkey Ranch Wrap Oct 21-25: Cottage Cheese/Muffin
 Oct 7-11: Yogurt Parfait Oct 29-31: Cobb Salad
 Oct 14-18: Chef Salad



Monday

Tuesday

Wednesday

Thursday

Friday

[Empty box]

Mini Ravioli with Marinara **1**
 Cheese Stick, Green Beans
 Parmesan Cheese
 Applesauce, Orange Slices
 Fruit of Choice
 Vegetable Bar
 Milk of Choice

Breaded Pork Chop **2**
 Mashed Potatoes, Gravy
 Peas, WG Roll, Butter Pat
 K, M, BBQ Applesauce
 Fresh Sliced Apples,
Caramel Dip, Fruit of Choice
 Vegetable Bar, Milk of Choice

Hard Shell Tacos or Soft **3**
 Shell Taco, Refried Beans
 Shredded Cheese
 Salsa, Sour Cream
 Applesauce, Peaches
 Fruit of Choice, Vegetable Bar
 Milk of Choice

Hamburger or Fish Sandwich **4**
 on WG Bun, Emoji Fries
 Cheese Slice, Pickle, Onion ,K ,M
 Tartar Sauce, Applesauce
 Mandarin Oranges
 Fruit of Choice, Vegetable Bar
 Milk of Choice

Pulled BBQ Chicken **7**
 Sandwich on WG Bun
 Pickle, Onion, BBQ
 K, M, Chips, Baked Beans
 Applesauce, Fruit Cocktail Fruit of
 Choice, Vegetable Bar
 Milk of Choice

Hot Dog on WG Bun **OR** **8**
 Chicken Fajitas, Black Beans
 Grilled Peppers & Onions, K, M
 Applesauce, Pineapple
 Fruit of Choice
 Vegetable Bar
 Milk of Choice

Tater Tot Casserole **9**
 Green Beans, B&B Sandwich
 Applesauce
 Pears
 Fruit of Choice
 Vegetable Bar
 Milk of Choice

Sloppy Joes on WG Bun **10**
 Tater Tots, Carrots
 K, M, Pickle, Onion
 Applesauce, Orange Wedges
 Fruit of Choice
 Vegetable Bar
 Milk of Choice

Chicken Patty or Spicy **11**
 Chicken Patty on WG Bun
 Parsley Potatoes, Peas
 K,M, BBQ, Mayo, Pickle, Onion
 Applesauce, Peaches
 Fruit of Choice, Vegetable Bar
 Milk of Choice

Pizza Slice **14**
 Broccoli with Cheese Sauce
Chocolate Chip Cookie
 Applesauce, Mandarin Oranges
 Fruit of Choice, Vegetable Bar
 Milk of Choice

French Toast Sticks **15**
 Sausage Patty or Omelet
 Hash Brown Patty, K, Syrup
 Applesauce, 100% Juice
 Fruit of Choice
 Vegetable Bar
 Milk of Choice

Popcorn Chicken, Corn **16**
 Mashed Potatoes, Gravy, Butter
 Pat, B&B Sandwich, K, M, BBQ,
 Honey Mustard, Applesauce,
 Sliced Apples, Caramel Dip
 Fruit of Choice, Vegetable Bar
 Milk of Choice

Chicken Alfredo **17**
 Breadstick
 Broccoli, Parmesan Cheese
 Applesauce, Pineapple
 Fruit of Choice
 Vegetable Bar
 Milk of Choice

Corn Dog or Cheddarwurst **18**
 on WG Bun, Chips, Baked Beans
 K, M, Onion, Ice Cream Cup
 Applesauce, Pears
 Fruit of Choice
 Vegetable Bar
 Milk of Choice

Crispito **OR** Hot Dog on **21**
 WG Bun, Spanish Rice
 Shredded Cheese or Cheese
 Sauce, Sour Cream, Salsa
 Applesauce, Peaches
 Fruit of Choice, Vegetable Bar
 Milk of Choice

Walking Taco w/ Doritos **22**
 Ranchero Beans, Shredded
 Cheese, Salsa, Sour Cream
 Applesauce
 Fresh Orange Slices, Fruit of
 Choice, Vegetable Bar
 Milk of Choice

BBQ Rib on WG Bun **23**
 Oven Fries, Baked Beans
 Pickle, Onion, BBQ
 Applesauce, Sidekick Slushie
 Fruit of Choice, Vegetable Bar
 Milk of Choice

Cavatelli **24**
 Garlic Breadstick
 Green Beans, Parmesan Cheese
 Applesauce, Pineapple
 Fruit of Choice
 Vegetable Bar
 Milk of Choice

Sub Sandwich on WG Bun **25**
 Chips, K, M, Pickle, Onion
 Sliced Tomato, Banana Peppers
 Mayo, **Cookie**
 Applesauce, Mandarin Oranges
 Fruit of Choice, Vegetable Bar
 Milk of Choice

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 No School

Totally Tacos **29**
 Spanish Rice
 Salsa, Sour Cream
 Baked Cinnamon Apples
 Applesauce, Pineapple
 Fruit of Choice, Vegetable Bar
 Milk of Choice

Salisbury Steak, Corn **30**
 Mashed Potatoes, Gravy
 B&B Sandwich, Butter Pat
 Applesauce, Mandarin Oranges
 Fruit of Choice, Vegetable Bar
 Milk of Choice

Spaghetti and Eye Balls **31**
 Broom Sticks
 Green Beans
 Pumpkin Sugar Cookie
 Applesauce, EEK Sidekick Slushie
 Fruit of Choice, Vegetable Bar

