

# October 2021 Lunch Menu

|  |   |  |  | <b>Friday 1</b><br><br>NO<br>SCHOOL<br>TODAY   |
|--|---|--|--|--|
| <b>Monday 4</b><br><br>French Toast Sticks<br>Yogurt Cup / Cheese stick Or<br>Grilled Chicken Salad<br>w/ Pre-t-zel<br>Hashbrown Patty<br>Choice of Fruit and Milk       | <b>Tuesday 5</b><br><br>Cheese quesadilla<br>salsa and sour cream or<br>build your pizza<br>munchables black<br>bean fiesta salad<br>choice of fruit and milk | <b>Wednesday 6</b><br><br>Mozzarella sticks with<br>marinara or bagel<br>yogurt munchable<br>roasted zucchini and<br>summer squash choice of<br>fruit and milk | <b>Thursday 7</b><br><br>Gill's Pizza-Cheese or<br>Pepperoni or turkey and<br>cheese sub. Side ceasar<br>salad. Choice of fruit<br>and milk      | <b>Friday 8</b><br><br>General Tso's Chicken.<br>Over brown rice or<br>sunbutter and jelly<br>uncrustable . Peas and<br>Carrots. Choice of fruit<br>and milk |
| <b>Monday 11</b><br><br>NO<br>SCHOOL<br>COLUMBUS DAY<br>OBSERVED   | <b>Tuesday 12</b><br><br>Beef and cheese nachos<br>salsa and sour cream or<br>Build your pizza<br>munchable. Corn/<br>choice of fruit and milk                | <b>Wednesday 13</b><br><br>BBQ Grilled Chicken<br>Sandwich or Bagel<br>yogurt munchable<br>Onion rings<br>choice of fruit and<br>milk                          | <b>Thursday 14</b><br><br>Gills Cheese Pizza<br>or Tuna sub<br>side garden<br>salad<br>choice of fruit<br>and milk                               | <b>Friday 15</b><br><br>Crispy chicken patty on<br>roll or<br>Sunbutter and jelly<br>uncrustable<br>sweet potato fries<br>choice of fruit and milk           |
| <b>Monday 18</b><br><br>Scrambled eggs<br>cinnamon roll or<br>Crispy chicken salad w/<br>cracker baked beans<br>choice of fruit and milk                                 | <b>Tuesday 19</b><br><br>Turkey BLT Sandwich<br>or build your own<br>pizza<br>Choice of fruit and<br>milk   | <b>Wednesday 20</b><br><br>Grilled cheese<br>sandwich<br>tomato soup w/<br>Goldfish or bagel yogurt<br>munchable celery sticks<br>choice of fruit and milk     | <b>Thursday 21</b><br><br>Gills pizza Cheese or<br>Pepperoni or chicken<br>salad on bulkie roll side<br>ceasar salad choice of<br>fruit and milk | <b>Friday 22</b><br><br>chicken tenders with<br>dipping sauce<br>pretzel or sunbutter and<br>jelly uncrustable<br>cooked carrots<br>choice of fruit and milk |
| <b>Monday 25</b><br><br>Waffles w/warm apple<br>toppings<br>yogurt cup/cheese stick or<br>feriyaki chicken salad w/<br>flatbread baked beans<br>choice of fruit and milk | <b>Tuesday 26</b><br><br>Chicken & Waffles or<br>Build you pizza<br>munchable<br>Roasted potatoes<br>choice of fruit and milk                                 | <b>Wednesday 27</b><br><br>Hamburger on roll or bagel<br>yogurt munchable bag of<br>baked chips<br>crunchy red pepper strips<br>choice of fruit and milk       | <b>Thursday 28</b><br><br>Gills cheese pizza or<br>Bologna and cheese<br>sandwich<br>side garden salad<br>choice of fruit and milk               | <b>Friday 29</b><br><br>Hot dog on roll or<br>sunbutter and jelly<br>uncrustable corn<br>choice of fruit and<br>milk   |

All meals include a walk through our Fruit and Vegetable Bar  
This includes 2-3 more fruit and vegetable options daily

This menu meets the Nutritional Guidelines for the National School Lunch Program as established by the USDA. This institution is an equal opportunity provider and employer. Esta institucion es un proveedor que ofrece igualdad de oportunidades.