



October 2022 Lunch Menu

Monday 3 Breakfast for Lunch Warm Ham and Cheese on a croissant. Roasted chick peas Fresh Apples Choice of milk	Tuesday 4 Beef Nachos Cheese, Salsa and sour cream Brown Rice Corn Peach Cup Choice of Milk	Wednesday 5 Chicken Parmesan over pasta Warm Breadstick Green Beans Fresh Orange Choice of Milk	Thursday 6 Gill's Cheese or Pepperoni Pizza Side Caesar salad fresh banana choice of milk	Friday 7 Chicken Patty on roll Sweet Potato Fries Mixed Fruit Cup Choice of Milk
Monday 10 NO SCHOOL	Tuesday 11 Grilled Cheese Sandwich Tomato soup crispy carrots fresh apples choice of milk	Wednesday 12 Wild Mike's Pizza bites w/marinara Green Beans Fresh Pineapple Choice of Milk	Thursday 13 Gill's Cheese Pizza Side Garden Salad Fresh Banana Choice of milk	Friday 14 Terriyaki Chicken Rice Bowl Edamame Graham Crackers Cupped Pineapple Choice of milk
Monday 17 Breakfast for Lunch Waffles Chicken Sausage Patty Hashbrown Fresh Orange Slices Choice of Milk	Tuesday 18 Taco Tuesday Soft Shell Chicken Tacos Cheese and Salsa Corn/Rice Fresh Apple Choice of Milk	Wednesday 19 Garlic French Bread Italian Green Bean Salad Cinnamon Pear Cup Choice of milk	Thursday 20 Gill's Cheese or Pepperoni Side Caesar Salad Fresh Banana Choice of Milk	Friday 21 Popcorn Chicken w/ Dipping Sauce Pretzel Peas and carrots Fruit Mix Cup Choice of Milk
Monday 24 Egg and cheese omelet English muffin w/jam Baked beans Grapes Choice of Milk	Tuesday 25 Chicken and gravy over mashed potatoes warm biscuit roasted brussel sprouts fresh apple choice of milk	Wednesday 26 Italian Chicken sausage sub peppers and onions roasted butternut squash Fresh Kiwi choice of milk	Thursday 27 Gill's Cheese Pizza Side Garden Salad Fresh Banana Choice of Milk	Friday 28 Chicken Tenders w/dipping sauce oven fries Goldfish crackers mandarin orange cup choice of milk
Monday 31. Chicken and Waffles w/syrup Baked Beans Fresh Melon Choice of Milk				

Lunch Price \$3.00/ Reduced Price \$.40

October 3rd-10th- Turkey and Cheese Sandwich or Crispy Chicken Salad w/ Grain

October 11th-14th- Grilled Chicken Caesar Wrap or BBQ Chicken Salad w/ Grain

October 17th-21st- Build Your Own Pizza Munchable or Grilled Chicken Caesar Salad w/Grain

October 24th- October 28Th- Bagel Munchable Meal or Chef Salad w/Grain

October 31st- Turkey BLT Sandwich or Grilled Chicken Salad with w/Grain

Menu Subject to change at any time without notice due to product shortages due to food chain supply issues. A walk through our fruit and Veggie Bar is included with lunch and gives our students one or more alternate vegetable and fruit options .

You may apply for free and reduced meals at anytime throughout the school year. Re-strictions may be put on students account at any time by calling 483-2251 Ext 193 or email Adonovan@sau15.net This institution is an equal opportunity provider and employer " Esta institucion es un proveedor que ofrece igualdad de oportunidad.