

All entrees served with choice of 1% milk, fat free unflavored or flavored milk. All grain items offered are Whole Grain Rich.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beans & Peas	Red & Orange	Starchy	Dark Green	Other Vegetables
3 Chicken Tamal w/ Pinto Beans (3/4c) 100% Fruit Juice Milk	4 Ham & Cheese Panini Sandwich (cold) w/ Carrot Sticks (3/4c) Fresh Fruit Milk	5 Chicken Nuggets w/ Whole Kernel Corn (3/4c) Fresh Fruit Milk	6 Chef Turkey & Ham Salad w/ Wheat Dinner Roll 100% Fruit Juice Milk	7 Bean & Cheese Burrito w/ Carrot Sticks (3/4c) Fresh Fruit Milk
10 Chicken Mole w/ Spanish Rice (3/4c) Pinto Beans (3/4c) 100% Fruit Juice Milk	11 Caesar Chicken Tortilla Wrap w/ Carrot Sticks (3/4c) Fresh Fruit Milk	12 Chicken & Waffles w/ Mashed Potatoes (3/4c) Fresh Fruit Milk	13 COLD Cajun Chicken Pasta Salad w/ Broccoli Salad (1c) 100% Fruit Juice Milk	14 Italian, Turkey, Ham & Cheese Hoagie Sandwich w/ Carrot Sticks (3/4c) Fresh Fruit Milk
17 Beef & Cheese Nachos w/ Pinto Beans (3/4c) 100% Fruit Juice Milk	18 Santa Fe Chicken Salad w/ Wheat Dinner Roll Fresh Fruit Milk	19 Turkey Hot Dog on Bun Whole Kernel Corn (3/4c) Fresh Fruit Milk	20 Oriental Chicken Tortilla Wrap w/ Broccoli Salad (3/4c) 100% Fruit Juice Milk	21 Honey BBQ Wings w/ Dinner Roll Carrot Sticks (3/4c) Fresh Fruit Milk
24 Beef & Bean Chili (1c) w/ Dinner Roll Whole Kernel Corn (1/2c) 100% Fruit Juice Milk	25 COLD Marinara Cheese Pasta Salad w/ Carrot Sticks (3/4c) Fresh Fruit Milk	26 Pepper Jack Cheeseburger w/ Tater Tots (3/4c) Fresh Fruit Milk	27 Chef Turkey & Ham Salad w/ Wheat Dinner Roll 100% Fruit Juice Milk	28 Turkey & Cheese Hoagie Sandwich w/ Carrot Sticks (3/4c) Fresh Fruit Milk
31 Chicken Quesadilla w/ Spanish Rice (1/2c) Pinto Beans (3/4c) 100% Fruit Juice Milk				

Menu subject to change without notice.

Menu items may change due to supply chain issues, including limited food availability, staff shortages, distribution issues, inflationary prices and/or other challenges.

This institution is an equal opportunity provider.



October 2022 Lunch Order Form

School		
Name		
Grade		
Date	(√) to Order	(√) to Order
10/3/22		
10/4/22		
10/5/22		
10/6/22		
10/7/22		
10/10/22		
10/11/22		
10/12/02		
10/13/22		
10/14/22		
10/17/22		
10/18/22		
10/19/22		
10/20/22		
10/21/22		
10/24/22		
10/25/22		
10/26/22		
10/27/22		
10/28/22		
10/31/22		
Total Meals Ordered		
Full Price: \$3.00		Reduced Price: \$0.40
PAYMENT		
Price per Meal		
** Total Meals		
Meals x Cost		
Cash		
Check No.		

CUT AT SOLID LINE

Return to school in an envelope with students name and grade