

October 2021 – Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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				Grilled Cheese Tomato Soup Fruit and Crackers
4 Chicken Patty on a bun Pretzels Fruit and Veggies	5 Corn Dog Baked Beans Fruit and Veggies	6 Pan Cakes Sausage Links OJ Cup Veggies and Dip	7 BLT Sub (Bacon lettuce & turkey) Chips Fruit & Veggies	8 Cheese Tortellini Salad & Fruit Garlic Bread Stick Red or White sauce
11 Hot Dog on a bun French Fries Fruit and Veggies	12 Turkey Sub Sandwich Chips Fruit & Veggies	13 Curly Noodle Spaghetti Salad & Fruit Garlic Bread Stick	14 Grilled Ham & Cheese Tater Tots Fruit & Veggies	15 Cheese Pizza Salad & Fruit Animal Crackers
18 Hamburger on a bun French Fries Fruit and Veggies	19 Chicken Chow Mein Steamed Rice Fruit and Fortune Cookie	20 No School	21 No School	22 No School
25 Sloppy Joe Sandwich Chips Fruit and Veggies	26 Chicken Noodle Soup Turkey Sandwich Crackers Fruit and Veggies	27 Walking Taco Black Bean Salsa Spanish Rice Assorted Toppings	28 Ham and Cheese sub Chips Fruit & Veggies	29 Cheese Lasagna Salad & Fruit Garlic Bread Stick
K-8 = Free 4-8 extras = \$1.00 Milk = \$.40 Adult = \$3.75	A salad is available each day in place of the main entrée for 6-8 graders. Whole Grains served at each lunch.	All boxed lunches include ½ pint of milk Milk options include: Fat-Free Skim milk 1% low-fat milk Fat-Free Chocolate Milk		