

Monday

Tuesday

Wednesday

Thursday

Friday

Taco Tuesday (GF)
Hard or Soft Shell
Beef or Black Bean
Refried Beans

1

Daily Salad Bar
Fresh Fruit
Choice of Milk

Baked Macaroni & Cheese
Roasted Broccoli

2

Daily Salad Bar
Fresh Fruit
Choice of Milk

Meatloaf (GF)
Mashed Potatoes
Green Beans
Dinner Roll

3

Daily Salad Bar
Fresh Fruit
Choice of Milk

Homemade Pizza
Choose – Pesto, Pepperoni
Or Cheese
Caesar Salad

4

Daily Salad Bar
Fresh Fruit
Milk

Teriyaki Chicken
Brown Rice
Stir-Fried Veggies (Peppers, Onions,
Edamame, Broccoli, Cauliflower, Carrots)

7

Daily Salad Bar
Fresh Fruit
Milk

Chicken or Veggie
Quesadilla
Black Beans & Rice

8

Daily Salad Bar
Fresh Fruit
Choice of Milk

American Chop Suey
Roasted Summer Squash
And Zucchini
Dinner Roll

9

Daily Salad Bar
Fresh Fruit
Choice of Milk

Throwback Thursday!
Sloppy Joe or
Veggie Burger
Tater Tots

10

Daily Salad Bar
Fresh Fruit
Milk

Breakfast for Lunch
French Toast Sticks,
Sausage or Bacon, Scrambled Eggs

11

Daily Salad Bar
Fresh Fruit
Choice of Milk

No School

14

Indigenous Peoples' Day

Taco Tuesday (GF)
Hard or Soft Shell
Beef or Black Bean
Refried Beans

15

Daily Salad Bar
Fresh Fruit
Choice of Milk

Shepherd's Pie (GF)
(Beef & Veggie or Vegetarian)

16

Daily Salad Bar
Fresh Fruit
Milk

Grilled Cheese
Choice of Corn Chowder
or Tomato Soup (GF)

17

Daily Salad Bar
Fresh Fruit
Milk

Homemade Pizza
Choose – Pesto, Pepperoni
Or Cheese
Caesar Salad

18

Daily Salad Bar
Fresh Fruit
Milk

Baked Chicken (GF)
Butternut Squash
Green Beans
Rolls

21

Daily Salad Bar
Fresh Fruit
Choice of Milk

Nachos! (GF)
Beef or Beans
Pico de Gallo (fresh salsa)
Queso (Cheese Sauce)

22

Daily Salad Bar
Fresh Fruit
Choice of Milk

Spaghetti
Meat Sauce or Marinara
Roasted Cauliflower

23

Daily Salad Bar
Fresh Fruit
Milk

Early Release
Chicken Alfredo
Fettuccini Noodles
Steamed Broccoli

24

Daily Salad Bar
Fresh Fruit
Choice of Milk

Breakfast for Lunch
Pancakes, Sausage
or Bacon, Scrambled Eggs

25

Daily Salad Bar
Fresh Fruit
Choice of Milk

Teriyaki Chicken
Brown Rice
Stir-Fried Veggies (Peppers, Onions,
Edamame, Broccoli, Cauliflower, Carrots)

28

Daily Salad Bar
Fresh Fruit
Milk

Taco Tuesday (GF)
Hard or Soft Shell
Beef or Black Bean
Refried Beans

29

Daily Salad Bar
Fresh Fruit
Choice of Milk

Baked Macaroni & Cheese
Roasted Broccoli

30

Daily Salad Bar
Fresh Fruit
Choice of Milk

Hamburgers or
Black Bean Burgers
Oven Fries

31

Daily Salad Bar
Fresh Fruit
Milk

