



# OCTOBER 2022 LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>CAFETERIA NEWS</b>
3  <b>NO SCHOOL</b>	4 K-4 Popcorn Chicken Goldfish Crackers 5-12 Pizza Sub/Bun Steamed Peas Celery Sticks Peaches, Milk	5 Sausage Link French Toast Stick Baked Tator Tots Cucumber Slices Fresh Fruit Milk	6 Nachos w/Salsa Meat & Cheese Refried Beans Broccoli & Cauliflower Pears Milk	7 K-4 Pepperoni Calzone 5-12 Pepperoni Pizza Broccoli & Cheese Carrot Sticks Mandarin Oranges Milk	<p><b>Meal Prices:</b> K-4 \$2.10, 5th-8th \$2.35, 9th-12th \$2.45</p> <p><b>K-4 Lunch Options</b> Mon, Wed, Fri -- PBJ Meal Tues, Thurs --Salad Meal</p> <p><b>PBJ Meal</b> includes goldfish crackers, veggie and fruit choice, milk. <b>Salad Meal</b> includes goldfish, veggie and fruit choice, dressing cup, milk.</p> <p>🍏🍏🍏🍏🍏🍏🍏🍏🍏🍏</p> <p><b>Lunch Option Daily 5<sup>th</sup> -12<sup>th</sup></b> <b>Salad meal-</b> choice of meat and cheese toppings, choice veggie and fruit, bread item and milk <b>PB&amp;J Meal</b> -choice veggie and fruit, bread item, cheese stick or yogurt and milk</p> <p>Milk choices: 1% white and chocolate and skim strawberry. A' la carte milk is \$.50</p> <p><i>** Meal Applications can be completed anytime during the school year.</i></p> <p><a href="http://www.k12paymentcenter.com">www.k12paymentcenter.com</a> is a convenient way to manage your student's meal account.</p>
10 Chicken Tenders K-4 Roll/Margarine 5-12 Goldfish Crackers Baked Fries Carrot Sticks Pineapple Milk	11 K-4 Twisted Breadstick w/ Pizza Sauce K-4 Seasoned Corn 5-12 Chicken & Noodles 5-12 Mashed Potatoes 5-12 Bread/Margarine Celery Sticks Applesauce, Milk	12 Mini Corn Dogs K-8 Pudding Cup 9-12 Fritos Steamed Carrots Cucumber Slices Fresh Fruit Milk	13 Chicken Fajita Lettuce & Cheese Bean Salsa/Hummus Tostitos Peaches Milk	14 Big Daddy Cheese Pizza Side Salad/Dressing Carrot Sticks Pears Milk	
17 Hamburger/ Bun Baked Fries Carrot Sticks Mandarin Oranges Milk	18 Spaghetti w/Meat Sauce Breadstick Green Beans Celery Sticks Pineapple, Milk	19 K-4 Mac & Cheese, Pretzel 5-12 Popcorn Chicken 5-12 Scooby Graham Seasoned Corn Cucumber Slices Fresh Fruit Milk	20 Walking Taco, Salsa Lettuce & Cheese Seasoned Black Beans Applesauce Cookie Milk	21 Big Daddy Pepperoni Pizza Steamed Broccoli Carrot Sticks Peaches Milk	
24 K-4 Chicken Nuggets K-4 Scooby Doo Graham 5-12 Brd Chicken/Bun Green Beans Carrot Sticks Pears Milk	25 K-4 Country Steak Dippers 5-12 Salisbury Steak Mashed Potatoes/Gravy Celery Sticks Bread/Margarine Mandarin Oranges Milk	26 Hotdog/Bun K-8 Fun Size Chip 9-12 Sunchips Baked Beans Cucumber Slices Fresh Fruit Milk	27 Breaded Mozzarella Sticks w/Pizza Sauce Baked Sweet Potato Fries Broccoli & Cauliflower Pineapple Milk	28 Big Daddy Cheese Pizza Side Salad/Dressing Carrot Sticks Applesauce Milk	
31 K-4 Popcorn Chicken Goldfish Crackers 5-12 Pizza Sub/Bun Steamed Peas Carrot Sticks Peaches Milk					