




# OCTOBER 2024 LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CAFETERIA NEWS
<p><b>Go Panthers!!</b></p> 	<p>1 Sausage Link French Toast Stick Baked Hashbrown Celery Sticks Cinnamon Apples Milk</p>	<p>2 K-4 Toasted Cheese 5-12 Philly Steak/Bun Green Beans Cucumber Slices Fresh Fruit Milk</p>	<p>3 Chicken Fajita/Shell Lettuce, Cheese, Salsa Bean Salsa Tostitos Pears Milk</p>	<p>4 Big Daddy Cheese Pizza Broccoli &amp; Cheese Carrot Sticks Mandarin Oranges Milk</p>	<p><b>K-4 Lunch Options</b> Mon, Wed, Fri -- PBJ Meal Tues, Thurs --Salad Meal <b>PBJ Meal</b> includes goldfish or graham crackers, veggie and fruit choice, milk. <b>Salad Meal</b> includes ham &amp; cheese cup, bread item, veggie and fruit choice, dressing cup, choice milk.</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 cup and choice milk</p> <p>Milk choices: 1% white, 1% chocolate, skim strawberry. A' la carte milk \$.50</p> <p><b>Sign Up Now</b> <a href="https://lingconnect.com">https://lingconnect.com</a> is an easy way to track meal account balances, make meal payments and complete free &amp; reduced meal applications anytime during the school year.</p>
<p>7 <b>No School</b></p>	<p>8 Chicken Tenders Graham Cracker Baked Fries Carrot Sticks Pineapple Milk</p>	<p>9 Mini Corn Dogs K-8 Yogurt Cup 9-12 Frito/Sun Chip Baked Beans Cucumber Slices Fresh Fruit Milk</p>	<p>10 Spaghetti w/Meat Sauce Garlic Breadstick Green Beans Broccoli &amp; Cauliflower Applesauce Milk</p>	<p>11 Big Daddy Pepperoni Pizza Side Salad/Dressing Carrot Sticks Peaches Milk</p>	
<p>14 Hamburger/ Bun Baked Fries Carrot Sticks Pears Milk</p>	<p>15 Popcorn Chicken Biscuit w/jelly Seasoned Corn Celery Sticks Mandarin Oranges Milk</p>	<p>16 Egg Cheese Omelet Mini Pancakes Baked Tator Tots Cucumber Slices Fresh Fruit Milk</p>	<p>17 Walking Taco /Soft Shell Lettuce &amp; Cheese Fiesta Black Beans Pineapple Cookie Milk</p>	<p>18 K-4 Mini Cheese Pizza 5-12 Wild Mikes Cheese Pizza Broccoli &amp; Cheese Carrot Sticks Applesauce Milk</p>	
<p>21 K-4 Chicken Nuggets Goldfish Crackers 5-12 Breaded Chicken/Bun Green Beans Carrot Sticks Peaches Milk</p>	<p>22 K-4 Twisted Breadstick/Sauce 5-12 Tangerine Chicken Bowl 5-12 Seasoned Rice Steamed Peas Celery Sticks Pears Milk</p>	<p>23 Hotdog/Bun K-8 Frito 9-12 Mac &amp; Cheese Baked Beans Cucumber Slices Fresh Fruit Milk</p>	<p>24 Nachos w/Salsa Meat &amp; Cheese Refried Beans Broccoli &amp; Cauliflower Mandarin Oranges Milk</p>	<p>25 K-4 Mini Pepperoni Pizza 5-12 Wild Mikes Pepperoni Pizza Side Salad/Dressing Carrot Sticks Pineapple Milk</p>	
<p>28 K-4 Popcorn Chicken Cornbread/Margarine 5-12 Pizza Sub/Bun Steamed Peas Carrot Sticks Applesauce Milk</p>	<p>29 Sausage Link French Toast Stick Baked Hashbrown Celery Sticks Cinnamon Apples Milk</p>	<p>30 K-4 Toasted Cheese 5-12 Philly Steak/Bun Green Beans Cucumber Slices Fresh Fruit Milk</p>	<p>31 Chicken Fajita/Shell Lettuce, Cheese, Salsa Bean Salsa Tostitos Peaches Milk</p>	<div style="border: 1px solid black; padding: 5px;"> <p><b>Lunch Meal Prices</b> K-4<sup>th</sup> grade - \$2.10 5-8<sup>th</sup> grade - \$2.35 9-12<sup>th</sup> grade - \$2.45</p> </div>	