

K-8 October Lunch Menu



Nourishment through compassionate care.



Monday 10/03/22	Portion	Tuesday 10/04/22	Portion	Wednesday 10/05/22	Portion	Thursday 10/06/22	Portion	Friday 10/07/22	Portion
Swiss Burger Baked Beans Orange Juice Wheat Hamburger Bun Milk Alt: Turkey & Cheese	1 each 3/4 cup 1 each 1 each 1 each 1 each	Salisbury Beef w/Gravy Brown Gravy Whipped Potatoes Sliced Cucumbers WG Tea Biscuit Fresh Apple Milk Alt Chicken Cheese Wrap	1 each 2 oz 1/4 cup 1/2 cup 1 each 1 each 1 each 1 each	Baked Chicken Breast Sauce N Sweet Brown Rice Broccoli Fresh Fruit in Season Milk Alt Buffalo Chicken Wrap	1 each 1 each 1/2 cup 3/4 cup 1 each 1 each 1 each	Chicken Ala King Whole Kernel Corn WG Biscuit Fresh Apple Milk Alt Southwest Chicken	1 cup 3/4 cup 1 each 1 each 1 each 1 each	Pizza: Cheese Pepperoni	
Monday 10/10/22		Tuesday 10/11/22		Wednesday 10/12/22		Thursday 10/13/22		Friday 10/14/22	
Chicken Burger Sliced Cheese Wheat Hamburger Bun Brussels Sprouts Fresh Baby Carrots Fresh Apple Milk Alt: Turkey & Cheese	1 each 1/2 ounce 1 each 1/2 cup 1/4 cup 1 each 1 each 1 each	Meatballs w/Marinara Shredded Mozzarella WG Hot Dog Bun Whole Kernel Corn Applesauce Milk Alt Chicken Cheese Wrap	5 each 1/2 ounce 1 each 1/4 cup 1/2 cup 1 each 1 each	Waffles Chicken Patty Fresh Baby Carrots Orange Juice Milk Pancake Syrup Alt Buffalo Chicken Wrap	1 each 1 each 3/4 cup 1 each 1 each 1 each 1 each	Beef Hot Dog Baked Beans WG Hot Dog Bun Grape Juice Milk Ketchup Alt Southwest Chicken	1 each 3/4 cup 1 each 1 each 1 each 1 each 1 each	Pizza: Cheese Pepperoni	
Monday 10/17/22		Tuesday 10/18/22		Wednesday 10/19/22		Thursday 10/20/22		Friday 10/21/22	
Macaroni & Cheese Fresh Baby Carrots Broccoli Apple Juice Milk Alt: Turkey & Cheese	2/3 cup 1/2 cup 1/2 cup 1 each 1 each 1 each	Chicken Drumstick WG Tea Biscuit Whole Kernel Corn Orange Juice Milk Alt Chicken Cheese Wrap	1 piece 1 each 3/4 cup 1 each 1 each 1 each	No school		No school		No school	
Monday 10/24/22		Tuesday 10/25/22		Wednesday 10/26/22		Thursday 10/27/22		Friday 10/28/22	
Beef Hot Dog WG Hot Dog Bun Baked Beans Apple Juice Milk Alt: Turkey & Cheese	1 each 1 each 3/4 cup 1 each 1 each 1 each	Chicken Patty Cheddar Cheese Wheat Hamburger Bun Broccoli Fresh Baby Carrots Applesauce Milk Alt Chicken Cheese Wrap	1 each 1 slice 1 each 1/2 cup 1/4 cup 1/2 cup 1 each 1 each	Sausage Patty WG Pancakes Celery Sticks Apple Juice Milk Pancake Syrup Alt Southwest Chicken	2 each 3 each 8 stick 1 each 1 each 1 each 1 each	Sloppy Joe Wheat Hamburger Bun Whole Kernel Corn Fresh Fruit Milk Alt Buffalo Chicken Wrap	1/2 cup 1 each 3/4 cup 1 each 1 each 1 each	Pizza: Cheese Pepperoni	
Monday 10/31		<p>MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED. ALL BREADS SERVED ARE WHOLE GRAIN.</p> <p>This institution is an equal opportunity provider.</p> <p>Lancer Dining Services does not use peanuts, pork, tree nut or shellfish ingredients. All items are baked or steamed, mindfully made with fresh or frozen vegetables (never canned!), 100% whole grains and a variety of lean meats using heart-healthy oils and low-salt seasonings.</p>							
Swiss Burger Baked Beans Orange Juice Wheat Hamburger Bun Milk Alt: Turkey & Cheese	1 each 3/4 cup 1 each 1 each 1 each 1 each								