

# October Middle and High School Lunch

# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 BLT wrap, Salad, Rice bowl, Wings, Ch burger w/grilled onion, Spicy Chicken w/ lettuce & tomato, Homemade Burrito w/ beef, chicken, carnitas or bean & cheese, offered daily		1 Chicken Tostada Refried Beans Fresh Salsa	2 ABC Chicken Nuggets Smile Fries Coleslaw	3 Yang's Orange Chicken w/white rice Broccoli Salad	4 Pizza Wedge	5  Milk-1% white, oat milk and non-fat chocolate are offered daily
6  Gluten free bean and rice burrito available offered daily	7 Taco Snack	8 Chicken Quesadilla Refried Beans Fresh Salsa	9 Pizza Sliders Broccoli salad	10 Breaker Dog Double w/ smile fries Coleslaw	11 5" round pizza	12  Hydration stations are in all cafeterias at no charge
13 	14 BBQ Sluggers w/ Cheez Itz	15 BBQ Pork Sidewinder Nachos Blueberry muffin Refried Beans Fresh Salsa	16 In-N-Out style Cheeseburger Potato Wedges w/cheese sauce Coleslaw	17 Queso Turkey Chili w/ tortilla chips Fresh salsa	18 Penne Alfredo w. Chicken and Broccoli Garlic Toast	19  All grains are whole-grain rich (51% or more of the grain in whole grain, the remaining grain is enriched)
20  Gluten free pepperoni calzone offered daily	21 Pull Aparts w/marinara cup	22 Chicken Tostada Refried Beans Fresh Salsa	23 Star Chicken Nuggets Smile Fries Coleslaw	24 Yang's Orange Chicken w/white rice Broccoli Salad	25 Pizza Wedge	26  2 types of fruits and veggies offered daily
27  Black bean patty offered daily	28 Taco Snack	29 Chicken Quesadilla Refried Beans Fresh Salsa	30 Pizza Sliders Broccoli salad	31 Breaker Dog Double w/ smile fries Coleslaw		

