

Made-from-scratch, wholesome meals

Produce fresh from local, organic farms where possible

Meets and exceeds USDA School Meal requirements

Meals crafted by true chefs & nutrition experts



FRESH
FOOD
FACTOR

Choice of 1% Milk or Non Fat
Chocolate Milk Served Daily
With All Lunches

October 8th Grade Lunch Menu

There are no Pork Products within this Menu unless stated

1
Cheesy, Beefy Macaroni, Green Beans, Steamed Corn, Fresh Fruit

2
Chicken Stewed Thigh w/ Gravy, Brown Rice, Mixed Salad w/ Shredded Carrots, Italian Dressing, Fresh Fruit

3
Turkey Nacho Bowl – Brown Rice, Cheese, Pinto Beans, Salsa, Fresh Fruit

4
Pepperoni Pizza, Romaine Lettuce w/ Shredded Carrots, Italian Dressing, Fresh Fruit “CONTAINS PORK”

7
White Beans w/ Smoked Turkey Sausage and Rice, Seasoned Green Beans, Cornbread, Fresh Fruit

8
Chili w/ Cheese, Seasoned Corn, Rice and Sour Cream, Fresh Fruit

9
Oven Fried Chicken Tater Tots, Ketchup, Steamed Broccoli, Dinner Roll, Ketchup, Fresh Fruit

10
Turkey Taco Bowl – Brown Rice, Cheese, Seasoned Corn and Salsa, Fresh Fruit

11
Hot Dog with Chili, Cheese, Oven Baked Fries, Ketchup, Mustard, Fresh Fruit

14
Meatball Marinara on Ciabatta Bread, Seasoned Corn, Fresh Fruit

15
Chicken Tenders, Potato Wedges w/ Ketchup, Baby Carrots w/ Ranch Dressing, Fresh Fruit

16
BBQ Chicken Thigh, Mac and Cheese, BBQ Baked Beans, Seasoned Green Beans, Fresh Fruit

17
Spaghetti and Meat Sauce, Steamed Broccoli, Garlic Bread Stick, Fresh Fruit

18
Gumbo w/Chicken and Smoked Turkey Sausage, Wheat Crackers, Mixed Salad w/ Diced Tomatoes, Italian Dressing

21
Red Beans and Rice, Cornbread, Baby Carrots w/ Ranch Dressing, Fresh Fruit

22
Hamburger w/French Fries, Lettuce, Tomato and Pickle, Ketchup, Fresh Fruit

23
Herb Roasted Chicken, w/ Rice and Gravy, Seasoned Peas, Mixed Salad w/ Carrots and Italian Dressing, Fresh Fruit

24
Frito Pie – Chili, Cheese, Lettuce, Salsa, Sour Cream, Frito Chips, Fresh Fruit

25
Lasagna, layered Pasta and Cheese w/ Meat Sauce, / Seasoned Green Beans, Fresh Fruit

28
Spaghetti and Meatballs, Steamed Corn and Green Beans, Fresh Fruit

29
BBQ Chicken Patty Sandwich w/Oven Roasted Tater Tots, Baked Beans, Ketchup, Fresh Fruit

30
Salisbury Steak, Onion Gravy, Brown Rice, Green Beans, Mixed Salad w/Carrots, Italian Dressing, Steamed Broccoli, Fresh Fruit

31
Cheeseburger Mac, Seasoned Corn, Baby Carrots w/ Ranch Dressing, Fresh Fruit

Fresh Fruit Served Daily With All Lunches