



# October K-8 Lunch Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken Teriyaki Drumstick, Brown Rice, Green Beans w/Red Peppers, Fruit	Breakfast Turkey Sausage, WG French Toast, Sweet Potato Hash, Fruit, Syrup	WG Turkey Pepperoni Pizza, Mixed Vegetables, Fruit	Popcorn Chicken, Brown Rice, Carrots, Fruit, Sweet & Sour Dipping Sauce
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Philly Steak & Cheese Sub, on WG Sub Roll, Sweet Potato Wedges, Fruit, Ketchup	Whole Grain Rotini Abruzzi w/Italian Chicken Sausage, Peppers & Kale, Fruit	Whole Grain Chicken Enchiladas w/Tomato Sauce, Brown Rice & Beans, Black Beans & Corn, Fruit	Whole Grain Cheese Pizza, Carrots, Fruits	WG Mini Corn Dogs, Baked Beans, Fruit, Mustard
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Chicken Nachos, WG Baked Tortilla Chips, Corn w/Peppers Fruit	Jambalaya w/Turkey Kielbasa, Brown Rice, Spinach, Fruit	Whole Grain Cheese Quesadilla, Mixed Vegetables, Fruit, Sour Cream	WG Turkey-Pepperoni Pizza, Green Beans, Fruit	Three-Layer Dip, (Beef, Cheese & Refried Beans), w/Sour Cream, WG Baked Tortilla Chips, Fruit
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
BBQ Chicken Drumsticks, Whole Grain Brown Rice, Green Beans, Fruit	Whole Grain Cheese Quesadilla, Black Beans & Corn, Fruit, Sour Cream	Chicken Parmesan, WG Pasta, Broccoli, Fruit	Whole Grain Cheese Pizza, Carrots, Fruit	Beef Tacos w/Cheddar Cheese, Whole Grain Soft Tortilla, Corn w/Peppers, Fruit
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Turkey Meatball Sub, on WG Sub Roll, Carrots, Fruit	Chicken Broccoli Alfredo, WG Pasta, Fruit	Crispy Chicken, WG Macaroni & Cheese, Black Eyed Peas, Fruit	WG Turkey-Pepperoni Pizza, Green Beans, Fruit	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	