



October 2023 9-12 Lunch Menu

<p>2 Corndog (2m, 2wg) 30 Green Beans (3/4s) 5 Cheez-Its (1wg) 14 Ketchup 3 Whole Apple (1/2c) 25 Choc/White Milk (1c) 24/13 ca= 612 so=912</p>	<p>3 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Fresh Watermelon (1/2c) 21 Choc/White Milk (1c) 19/13 ca= 626 so=1040</p>	<p>4 Meatball – 7 - Sub (2m, 1/4r, 1.5wg) 29 Carrot Sticks (1/2r) 0 Craisins 28 Choc/White Milk (1c) 19/13 ca= 605 so=1105</p>	<p>5 WG Chicken Patty & WG Bun (2m,2.75wg) 38 Ketchup 3 Green Beans (3/4s) 6 Whole Apple (1/2c) 34 Choc/White Milk (1c) 19/13 ca=600 so=975</p>	<p>6 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Pineapple 13 Choc/White Milk (1c) 19/13 ca=636 so=1093</p>
<p>9 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Baked Beans (3/4l) 44 Apple Crisps (1/2c) 10 Choc/White Milk (1c) 19/13 ca= 650 so=1080</p>	<p>10 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Fries (3/4l) 33 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 19/13 ca= 650 so=1091</p>	<p>11 WG Chicken Tenders – 3 (2m, 1wg) Roll (1wg) 13 Green Beans (3/4c) 6 Cheez Its 14 Fruit Slushy 23 Choc/White Milk (1c) 19/13 ca= 600 so=1030</p>	<p>12 Spaghetti & Meatballs – 7 (2m, 1/4r) 24 Roll (1wg) 30 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Fresh Pineapple (1/2c) 13 Choc/White Milk (1c) 19/13 ca= 630 so=1090</p>	<p>13 Turk Pep Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Bear Cracker 21 Whole Apple (1/2c) 34 Choc/White Milk (1c) 19/13 ca= 632 so=947</p>
<p>16 Sloppy Joe & WG Bun (2m, 1.75wg, 1/4r) WG 32 Carrot Sticks (1/2r) 0 WG Sport Crackers 19 Whole Apple (1/2c) 34 Choc/White Milk (1c) 19/13 ca= 634 so=1007</p>	<p>17 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Fresh Watermelon (1/2c) 21 Choc/White Milk (1c) 19/13 ca= 626 so=1040</p>	<p>18 WG Chicken Nuggets - 5 (2m, 1wg) 13 Baked Fries (3/4s) 33 Fruit Slushy 23 Choc/White Milk (1c) 19/13 ca=630 so=1115</p>	<p>19 Beef Gyro (2m) 2 WG Pita Bread (2wg) 32 Tomatoes (1/4r) 4 Cucumbers (4) 1 Shredded Romain (1c) 2 Craisins 28 Ranch 2 Choc/White Milk (1c) 19/13 ca=603 so=1068</p>	<p>20 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Pineapple 13 Choc/White Milk (1c) 19/13 ca=636 so=1093</p>
<p>23 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Baked Beans (3/4l) 44 Apple Crisps (1/2c) 10 Choc/White Milk (1c) 19/13 ca= 650 so=1080</p>	<p>24 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Fries (3/4l) 33 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 19/13 ca= 650 so=1091</p>	<p>25 WG Chicken Patty & WG Bun (2m,2.75wg) 38 Ketchup 3 Green Beans (3/4s) 6 Whole Apple (1/2c) 34 Choc/White Milk (1c) 19/13 ca=600 so=975</p>	<p>27 Spaghetti & Meatballs – 7 (2m, 1/4r) 24 Roll (1wg) 16 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Fresh Pineapple (1/2c) 13 Choc/White Milk (1c) 19/13 ca= 630 so=1090</p>	<p>28 Turk Pep Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Bear Cracker 21 Whole Apple (1/2c) 34 Choc/White Milk (1c) 19/13 ca= 632 so=947</p>
<p>30 Corndog (2m, 2wg) 30 Green Beans (3/4s) 5 Cheez-Its (1wg) 14 Ketchup 3 Whole Apple (1/2c) 25 Choc/White Milk (1c) 24/13 ca= 612 so=912</p>	<p>31 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Fresh Watermelon (1/2c) 21 Choc/White Milk (1c) 19/13 ca= 626 so=1040</p>	<p><i>Sides - Fruits and Vegetables listed by group and measured in cups.</i> <i>r = red/orange</i> <i>l = legume, o = other</i> <i>s = starchy, g = green</i></p>	<p><i>Carbs listed for each item in blue font. Fresh fruits and vegetables may vary due to availability. Please check with your lunch server daily. Salad entrée option every day, served with juice and milk</i></p>	<p><i>Carrot Sticks, Corn Chips or rolls, String Cheese, and Juice are offered every day, and will affect the listed calorie and sodium count</i></p>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

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