

Monday	Tuesday	Wednesday	Thursday	Friday
9/30/24	10/1/24	10/2/24	10/3/24	10/4/24
Buffalo Chicken Dip with Tortilla Chips (shredded Cheddar Cheese) Sweet Peas Choice of Fruit and Fresh Vegetables Choice of Milk Fresh vegetables and fruits served every day are:	Nachos Grande (Shredded Lettuce, Tomatoes, Salsa, Shredded Cheddar Cheese, Sour Cream) Green Beans Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	Cheese Ravioli with a Garlic Breadstick (grated parmesan cheese) Steamed Broccoli Choice of Fruit and Fresh Vegetables Choice of Milk	Popcorn Chicken Mashed Potatoes with Gravy Buttered Corn Choice of Fruit and Fresh Vegetables Choice of Milk	Baked Macaroni and Cheese Crinkle Fries Choice of Fruit and Fresh Vegetables Choice of Milk
10/7/24	10/8/24	10/9/24	10/10/24	10/11/24
Grilled Cheese Sandwich and Tomato Soup Sweet Peas Choice of Fruit and Fresh Vegetables Choice of Milk Fresh vegetables and fruits served every day are:	Beef Burrito (Shredded Lettuce, Tomatoes, Salsa, Shredded Cheddar Cheese, Sour Cream) Green Beans Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	Chicken Tenders with a Dinner Roll Buttered Corn Choice of Fruit and Fresh Vegetables Choice of Milk	Spaghetti with Meat Sauce (grated parmesan cheese) Steamed Broccoli Choice of Fruit and Fresh Vegetables Choice of Milk	Fresh Dough Pepperoni/Cheese Pizza Crinkle Fries Choice of Fruit and Fresh Vegetables Choice of Milk
10/14/24	10/15/24	10/16/24	10/17/24	10/18/24
Breakfast for Lunch French Toast Sticks Sausage Hashbrowns (syrup) Choice of Fruit and Fresh Vegetables Choice of Milk Fresh vegetables and fruits served every day are:	Walking Taco (Shredded Lettuce, Tomatoes, Salsa, Shredded Cheddar Cheese, Sour Cream) Green Beans Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	BBQ Pork Rib Sandwich (shredded mozzarella cheese) Buttered Corn Choice of Fruit and Fresh Vegetables Choice of Milk	Chicken Alfredo over Pasta (grated parmesan cheese) Steamed Broccoli Choice of Fruit and Fresh Vegetables Choice of Milk	Teacher In-Service No School
10/21/24	10/22/24	10/23/24	10/24/24	10/25/24
Chicken Patty Sandwich (Cheese, Lettuce) Sweet Peas Choice of Fruit and Fresh Vegetables Choice of Milk Fresh vegetables and fruits served every day are:	Nachos Grande (Shredded Lettuce, Tomatoes, Salsa, Shredded Cheddar Cheese, Sour Cream) Green Beans Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	Hot Ham and Cheese on a Pretzel Roll Buttered Corn Choice of Fruit and Fresh Vegetables Choice of Milk	Chicken and Gravy over a Biscuit with Mashed Potatoes Choice of Fruit and Fresh Vegetables Choice of Milk	Fresh Dough Pepperoni/Cheese Pizza Crinkle Fries Choice of Fruit and Fresh Vegetables Choice of Milk
10/28/24	10/29/24	10/30/24	10/31/24	11/1/24
Cheddar Cheese Pierogi with a Dinner Roll Choice of Fruit and Fresh Vegetables Choice of Milk Fresh vegetables and fruits served every day are:	Beef Burrito (Beef, Shredded Lettuce, Shredded Cheddar Cheese, Sour Cream) Green Beans Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	Hamburger/Cheeseburger on a Bun (Lettuce, Tomato, Pickle) Buttered Corn Choice of Fruit and Fresh Vegetables Choice of Milk	Grilled Cheese and Tomato Soup Sweet Peas Choice of Fruit and Fresh Vegetables Choice of Milk	Philly Cheesesteak Hoagie (Shredded Mozzarella Cheese) Crinkle Fries Choice of Fruit and Fresh Vegetables Choice of Milk

**WHAT IS A SCHOOL LUNCH**

Please choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a school lunch to accommodate the free meal qualifications.

Meal Components offered daily are:  
Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk - 1% white or chocolate



**Dark green** - spinach, broccoli, romaine and spring salad  
**Red/Orange** - carrots, sweet potatoes, tomatoes and red peppers  
**Legumes** - beans and peas  
**Starchy** - white potatoes, corn, peas, and lima beans  
**Other Vegetables:** celery sticks, cucumbers, cauliflower, green beans, cabbage and green peppers

**Daily Fruit Selections**

**May Include:**  
oranges, apples, bananas, pears, peaches, strawberries and applesauce



**Daily Options**

**Include:**



Crispy Chicken Salad  
Garden Salad  
Both offered with a dinner roll  
Turkey and Cheese Hoagie  
Ham and Cheese Hoagie  
Hoagies are made on 6"  
Hoagie Rolls with Lettuce and Tomatoes Offered on the Side



BYO Flatbread Pizza  
Smucker's PB&J  
Strawberry and Grape offered

"Craveables" are our version of the Lunchable only made with more nutritional options that your child will enjoy.

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OCTOBER'S  
NUTRITIOUS FRIEND IS:

"PAPA" CORN



Menu is subject to  
change due to product  
availability

USDA is an equal opportunity provider and employer

Student Reduced Lunch: Free

Student Paid Lunch: Free

Student 2nd Meal: \$2.10

Adult Lunch: \$4.75



ALLERGEN INFORMATION IS AVAILABLE UPON REQUEST

NUTRITIONAL INFORMATION IS AVAILABLE AT:

[WWW.SCHOOLCAFE.COM](http://WWW.SCHOOLCAFE.COM)