



3 WG Pasta in marinara sauce w/ Cheesy Garlic Bread  
Roasted Brussel Sprouts  
Fresh Fruit  
Hormone Free Milk

4

Twin Beef Soft Tacos  
Lettuce, tomatoes, cheese  
Santa Fe Brown Rice & Seasoned Corn  
Fresh Fruit  
Hormone Free Milk

5

Yom Kippur  
School Closed

6

Meatball Sub  
Roasted Carrot Sticks  
Fresh Fruit  
Hormone Free Milk

7

Cheese **Or** Pepperoni Pizza  
Garden Salad  
Fresh Fruit

**Weekly Features** Hot: Breaded Chicken Strips and Dinner Roll  
Cold: Just Veggies Salad

10 Columbus Day  
School Closed

11

Teriyaki Grilled Chicken  
Rice Bowl  
Snow Peas  
Fresh Fruit

12

Eggplant Parmesan  
Roasted Red Pepper Strips  
Fresh Fruit  
Hormone Free Milk

13

**BRUNCH FOR LUNCH**  
French Toast w/ Maple Syrup, Turkey Sausage  
Tator Tots  
Hormone Free Milk

14

Cheese or Broccoli Pizza  
Garden Salad  
Fresh Fruit  
Hormone Free Milk

**Weekly Features** Hot: Cheese Quesadilla  
Cold: Ham Chef Salad

17 Homemade Baked Ziti w/ Garlic Bread  
Roasted Broccoli  
Fresh Fruit  
Hormone Free Milk

18

Sweet & Sour Grilled Chicken  
Rice Bowl  
Snow Peas  
Fresh Fruit

19

Italian Seasoned Grilled Chicken Breast over Brown Rice  
Roasted Green Beans  
Fresh Fruit  
Hormone Free Milk

20

**Early Dismissal**  
Turkey & Cheese Sandwich OR SunButter & Jelly Sandwich Fun Lunch  
Fresh Fruit & Carrot Sticks

21

Cheese **Or** Veggie Pizza  
Tossed Salad w/ Fat Free Ranch  
Fresh Fruit  
Hormone Free Milk

**Weekly Features** Hot: Ham and Cheese Melt  
Cold: Blueberry Yogurt Parfait

24 WG Mac n Cheese  
Seasoned Roasted Carrots  
Fresh Fruit & Hormone Free Milk

25

Sweet & Sour Grilled Chicken  
Rice Bowl  
Chilled Edamame  
Fresh Fruit  
Hormone Free Milk

26

Chicken Parmesan  
Roasted Cauliflower  
Fresh Fruit  
Hormone Free Milk

27

**BRUNCH FOR LUNCH**  
2 Pancakes w/Maple Syrup  
Turkey Sausage, Potato Puff  
Fresh Fruit & Hormone Free Milk

28

Cheese **or** Pepperoni Pizza  
Garden Salad  
Fresh Fruit  
Hormone Free Milk

**Weekly Features** Hot: Hamburger on WG Bun  
Cold: Strawberry Yogurt Parfait

31 WG Pasta Alfredo w/Chicken Garlic Bread  
Roasted Cauliflower  
Fresh Fruit  
Hormone Free Milk

1

Twin Tacos  
Seasoned turkey, tacos, lettuce, tomatoes, cheese  
Red Pepper Strips  
Fresh Fruit  
Hormone Free Milk

2

Vegetable Lasagna  
Steamed Green Beans  
Fresh Fruit  
Hormone Free Milk

3

Breaded Chicken Patty on WG Bun  
Vegetarian Baked Beans  
Fresh Fruit  
Hormone Free Milk

4

Cheese **or** Veggie Pizza  
Caesar Salad  
Fresh Fruit  
Hormone Free Milk

**Weekly Features** Hot: Grilled Cheese Melt  
Cold: Turkey and Cheese Sandwich

**All Lunches Must Include Choice of:**

Fruits and 100% Juice  
(Juice available only Tuesday & Thursdays)

And / or Vegetables

And May Include:

Skim, 1% Low-Fat Milk, or Skim Chocolate Milk  
\*Hormone Free\*

SunButter Sandwich and Bagel Fun Lunch served daily

**Student Lunch Is Free w/fruit and/or veggie!**  
Menus are subject to change.