

# OCTOBER 2023



**Lunch Prices**  
**Student: \$2.95**  
**Adult: \$4.00**

**ACE'S CORNER**

All lunches MUST include a fruit, vegetable or 100% fruit juice (Offered 2 days/week) and MAY include 1% or skim chocolate

**Available Everyday:** milk

Sunbutter & Jelly sandwich on WG bread served with cheese sticks

Turkey & Cheese Sandwich on WG Bread

WG Bagel served with a cheese stick & low fat yogurt



Menus are subject to change based on product availability or substitution  
 WG = Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 WG Pasta with Meatballs Marinara Sauce Breadstick Green Beans  Week 1 Weekly Features <i>Hot: WG Grilled Cheese Melt Cold: Garden Salad with Chicken</i>	1 Chicken Soft Tacos WG Rice Campfire Pinto Beans	2 Pancakes Turkey Sausage Hash Brown Patty	3 	4 Cheese Pizza Meatball Pizza Broccoli & Carrots
7 Cheesy Baked Penne Breadstick Green Beans  Week 2 Weekly Features <i>Hot: Meatball Grinder on WG Roll Cold: Greek Yogurt Parfait with Blueberries &amp; Granola &amp; a Cheese stick</i>	8 Beef Nachos Fiesta Rice Salsa Pinto Beans	9 French Toast Sticks Turkey Sausage Baked Tator Tots	10 Sweet & Sour Chicken & WG Rice Bowl Broccoli	11 <b>EARLY DISMISSAL</b> Bagel Fun Lunch OR SBJ or Turkey Sandwich OR Cereal Fun Lunch Carrots
14 	15 Chicken & Cheese Quesadilla Brown Rice & Black Beans Tomato Salsa	16 Mini Waffles Turkey Sausage Hash Brown Patty	17 Chicken Parmesan Melt on WG Sub Roll Green Beans	18 Cheese Pizza Pepperoni Pizza Broccoli
21 Macaroni & Cheese Breadstick Green Beans  Week 4 Weekly Features <i>Hot: Hamburger or Cheeseburger on WG Bun Cold: Greek Yogurt Parfait with Blueberries &amp; Granola &amp; a Cheese stick</i>	22 Chicken Soft Tacos Fiesta Rice Kickin' Pinto Beans	23 Turkey Bacon, Egg & Cheese on a WG Biscuit Baked French Fries	24 Chicken & Cheddar Stuffed Baked Potato WG Biscuit Broccoli	25 Cheese Pizza BBQ Chicken Pizza Carrots
28 Chicken Penne Alfredo Garlic Bread Green Beans  Week 5 Weekly Features <i>Hot: Bean &amp; Cheese Quesadilla Cold: Hard boiled egg Chef Salad with WG Dinner Roll</i>	29 Crunchy Beef Tacos WG Brown Rice Salsa Black Beans	30 Chicken Tenders Dinner Roll Baked Sweet Potato Fries	31 BBQ Chicken & Cheddar Melt Corn on the Cob	1 Cheese Stuffed Breadsticks with Marinara Dipping Sauce Broccoli