

2

Oven Roasted Chicken
w/ Dinner Roll
Grill: Chicken Patty
Pizza: Chesses
Mexicana: Soft Shell Taco
Salad on the Go: Pizza Salad
Mashed Potatoes, Fresh
Broccoli, Fruit & Veggie Bar

3

Pasta & Meat Sauce
w/ Breadstick
Grill: Hamburger
Pizza: Pepperoni
Deli: Ham & Cheese Sub
Salad on the Go: Pizza Salad
Steamed Green Beans, Red
Pepper Strips, Fruit & Veggie Bar

4

Taco Potato
w/ Soft Pretzel
Grill: Chicken Nuggets
Pizza: Chesses
Mexicana: Soft Shell Taco
Salad on the Go: Pizza Salad
Orange Glazed Carrots, Fresh
Zucchini, Fruit & Veggie Bar

5

Popcorn Chicken Bowl
w/ Sante Fe Rice
Grill: Spicy Chicken Patty
Pizza: Pepperoni
Deli: Ham & Cheese Sub
Salad on the Go: Pizza Salad
Baked Beans, Celery, Fruit &
Veggie Bar

6

Home Style Pizza
Grill: Cheeseburger
Pizza: Pepperoni & Cheese
Mexicana: Nacho
Salad on the Go: Pizza Salad
Fresh Steamed Broccoli, Baby
Carrots, Fruit & Veggie Bar

9

Salisbury steak
w/ Egg Noodles
Grill: Chicken Patty
Pizza: Chesses
Mexicana: Soft Shell Taco
Salad on the Go: All-American
French Fries, Fresh Tomatoes,
Fruit & Veggie Bar

10

Popcorn Chicken Bowl
w/ Mini Pretzel
Grill: Hamburger
Pizza: Pepperoni
Deli: Ham & Cheese Sub
Salad on the Go: All-American
Fresh Roasted Cauliflower,
Cucumber, Fruit & Veggie Bar

11

Inside out Manicotti
w/ Breadstick
Grill: Chicken Nuggets
Pizza: Chesses
Mexicana: Soft Shell Taco
Salad on the Go: All-American
Cinnamon Sweet Potato,
Celery, Fruit & Veggie Bar

12

Nacho Taters
w/ Tortilla Chips
Grill: Spicy Chicken Patty
Pizza: Pepperoni
Deli: Ham & Cheese Sub
Salad on the Go: All-American
Campfire Pinto Beans, Baby
Carrots, Fruit & Veggie Bar



13

No School

16

Mozzarella Sticks
w/ Marinara Sauce
Grill: Chicken Patty
Pizza: Chesses
Mexicana: Soft Shell Taco
Salad on the Go: Tossed Salad
Steamed Corn, Fresh Broccoli,
Fruit & Veggie Bar

17

Beans & Franks
w/ Dinner Roll
Grill: Hamburger
Pizza: Pepperoni
Deli: Ham & Cheese Sub
Salad on the Go: Tossed Salad
Steamed Green Beans, Red
Pepper Strips, Fruit & Veggie Bar

18

Orange Chicken
w/ Broccoli & Rice
Grill: Chicken Nuggets
Pizza: Chesses
Mexicana: Soft Shell Taco
Salad on the Go: Tossed Salad
Orange Glazed Carrots, Fresh
Zucchini, Fruit & Veggie Bar

19

Lasagna
Grill: Spicy Chicken Patty
Pizza: Pepperoni
Deli: Ham & Cheese Sub
Salad on the Go: Tossed Salad
Refried Beans, Celery, Fruit &
Veggie Bar

20

Home Style Pizza
Grill: Cheeseburger
Pizza: Pepperoni & Cheese
Mexicana: Nacho
Salad on the Go: Tossed Salad
Fresh Steamed Broccoli, Fresh
Cauliflower, Fruit & Veggie Bar

23

Salisbury steak
w/ Egg Noodles
Grill: Chicken Patty
Pizza: Chesses
Mexicana: Soft Shell Taco
Salad on the Go: Apple & Cheese
Mixed Vegetables, Fresh
Tomatoes, Fruit & Veggie Bar

24

Country Chicken Bowl
w/ Dinner Roll
Grill: Hamburger
Pizza: Pepperoni
Deli: Ham & Cheese Sub
Salad on the Go: Apple & Cheese
Oven roasted Carrots, Fresh
Jicama Sticks, Fruit & Veggie Bar

25

Chili Mac
w/ Breadstick
Grill: Chicken Nuggets
Pizza: Chesses
Mexicana: Soft Shell Taco
Salad on the Go: Apple & Cheese
Steamed Cauliflower, Celery,
Fruit & Veggie Bar

26

Oven Roasted Chicken
w/ Traditional Stuffing
Grill: Spicy Chicken Patty
Pizza: Pepperoni
Deli: Ham & Cheese Sub
Salad on the Go: Apple & Cheese
Kickin' Pinto Beans, Baby
Carrots, Fruit & Veggie Bar

27

Home Style Pizza
Grill: Cheeseburger
Pizza: Pepperoni & Cheese
Mexicana: Nacho
Salad on the Go: Apple & Cheese
Fresh Steamed Broccoli, Baby
Carrots, Fruit & Veggie Bar

30

Pancakes & Sausage
Grill: Chicken Patty
Pizza: Chesses
Mexicana: Soft Shell Taco
Salad on the Go: Pizza Salad
Tater Bites, Fresh Broccoli, Fruit
& Veggie Bar

31

Chicken Nuggets
w/ Mac & Cheese
Grill: Hamburger
Pizza: Pepperoni
Deli: Ham & Cheese Sub
Salad on the Go: Pizza Salad
Steamed Green Beans, Red
Pepper Strips, Fruit & Veggie Bar

1

Korean Meatballs
over yellow rice
Grill: Chicken Nuggets
Pizza: Chesses
Mexicana: Soft Shell Taco
Salad on the Go: Pizza Salad
Orange Glazed Carrots, Fresh
Zucchini, Fruit & Veggie Bar


2

Beans & Rice Bowl
Grill: Spicy Chicken Patty
Pizza: Pepperoni
Deli: Ham & Cheese Sub
Salad on the Go: Pizza Salad
Refried Beans, Celery, Fruit &
Veggie Bar

3

No School

Did you know...

World Vegetarian Day October 1st
Look for out vegetarian options 
National Taco Day October 4th

Harvest of the Month... Apples

Apples contain no fat, sodium or cholesterol and
are a good source of fiber.
Join us on October 12th for the Great Lakes Great