



October 2020 NSLP/SSO Lunch Menu



*K-8 Students Receive 1/2c Fruit & 3/4c Veggie Daily
*9-12 Students Receive 1c Fruit & 1c Veggie Daily



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28-Sep	29-Sep	30-Sep	1-Oct	2
*Beef Hot Dog Gala Apple Ranch Garbanzos & Carrot <i>Ketchup & Mustard</i>	*Chicken & Waffle Applesauce Carrot & Celery (K-8) Carrot & Cauliflower (9-12)	*Pizza Kit Apple Chips Garden Salad (K-8) Garden Salad & Celery (9-12)	*PB&J Cup w/ WG Bread Sliced Apple Whole Pickle (K-8) Whole Pickle & Celery (9-12)	*Oven Roasted Drumstick w/Crackers Fresh Pear Corn & Carrot
5	6	7	8	9
*Bean & Cheese Burrito Raisins Cauliflower & Carrot	*Chicken Patty Sandwich Craisins BBQ Garbanzo Beans & Carrot <i>Ketchup</i>	*Cheese Pull Apart 100% Orange Juice Garden Salad (K-8) Garden Salad & Celery (9-12)	*Grape Uncrustable Sliced Apples Whole Pickle (K-8) Pickle & Carrot (9-12)	*Biscuit & Gravy (Pork) Green Apple Corn & Carrot
12	13	14	15	16
*Hamburger w/ WG Bun Applesauce Seasoned Garbanzos & Carrot <i>Ketchup</i>	*Turkey Club Sandwich Craisins Garden Salad (K-8) Garden Salad & Carrot (9-12) <i>Mayo & Mustard</i>	*Pizza Kit Pears Cole Slaw (K-8) Cole Slaw & Carrot (9-12)	*Chicken Teriyaki w/ WG Rice 100% Orange Juice Carrot & Celery (K-8) Carrot & Cauliflower (9-12)	*Chili Cheese Tater Wedges w/Crackers Sliced Apples Celery (9-12)
19	20	21	22	23
*Nachos & Cheese Raisins Refried Beans & Carrot	*Chicken Nuggets Fresh Pear Whole Pickle (K-8) Whole Pickle & Celery (9-12) <i>Ketchup</i>	*Italian Sandwich Sliced Apple Broccoli Slaw <i>Mayo & Mustard</i>	*Chicken Alfredo 100% Orange Juice Carrot & Celery (K-8) Carrot & Cauliflower (9-12)	*Turkey Club Sandwich Applechips Corn & Carrot <i>Mayo & Mustard</i>
26	27	28	29	30
*Spicy or Regular Chicken Sandwich Sliced Apples Carrot & Celery (K-8) Carrot & Cauliflower (9-12) <i>Ketchup</i>	*Chicken & Cheese Burrito Fresh Pear Pinto Beans & Carrot	*Cheesey Breadstick w/ Marinara Sauce Craisins Garden Salad (K-8) Garden Salad & Celery (9-12)	*Meatball Sub 100% Orange Juice Coleslaw (K-8) Coleslaw & Carrot (9-12)	*Mac N' Cheese Apple Chips Corn & Carrot



This institution is an equal opportunity provider*

1% white or fat free chocolate milk offered with each meal

Menu is subject to change due to product availability

Fat Free Ranch served with all salads & slaws

Did you know Celery was first used as a food during the 16th century in Italy?!

