




Entrée – choose 1	Monday 9/30	Tuesday 10/1	Lean & Green Wed 10/2	Thursday 10/3	Friday 10/4
	*Philly Steak & Cheese Sub (34g) *Fiestada Pizza (43g) *Turkey Sausage & French Toast Sticks (58g) <b>COLD ENTREES</b> *Regular (44g) or Spicy Chicken Wrap (42g) **Yogurt Parfait (72-91g) & Muffin (26-29g)	**Cheese & Bean Enchilada (42g) **Macaroni-n-Cheese (25g) & Cornbread (29g) *Chicken Patty on Bun (34g) <b>COLD ENTREES</b> *Turkey & Cheese Wrap (34g) **Egg Combo (34-59g)	**Veggie Pasta Bake (41g) & Breadstick (17g) **Blazin' Buffalo Wrap (51g) **Vegetable Egg Roll (22g) & Egg Fried Rice (29g) <b>COLD ENTREES</b> **Egg Salad on Croissant (32g) **Cottage Cheese (6g) + Tortilla Chips (32g) + Fruit	*Hamburger on Bun (26g) *Turkey Divan (35g) & Cornbread (29g) *Hot & Spicy Chicken Drumstick (6g) & Biscuit (27g) <b>COLD ENTREES</b> **Veg Out Sub (43g) *Cobb Salad (12g) & Cornbread (29g)	*Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (49g) or Cheese Pizza (44g) *Fiesta Nachos (37g) <b>COLD ENTREES</b> *Turkey Ham & Cheese Sub (32g) *Chef Salad (16g) & Cornbread (29g)
<b>Choose 1 or more</b>	*Corn (17g)	*Potato of Choice (15-23g) *Collard Greens (4g)	*Green Beans (5g) *Hot Apple Slices (22g)	*Potato of Choice (15-23g) *California Mixed Vegetables (3g)	*Steamed Broccoli (2g) **Black beans (22g)

**WEEK 3**

Entrée – choose 1	Monday 10/7	Tuesday 10/8	Lean & Green Wed 10/9	Thursday 10/10	Friday 10/11
	*Cheeseburger on Bun (27g) *Pepperoni Pizza (44g) *Sloppy Joe on Bun (36g) <b>COLD ENTREES</b> *Turkey Salad on Croissant (37g) **Yogurt Parfait (72-91g) & Muffin (26-29g)	*Chicken Boneless Wings (15g) & Breadstick (17g) *BBQ Beef Rib Sub (40g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (48g) <b>COLD ENTREES</b> **Veg Out Sub (38g) *Cobb Salad (12g) & Breadstick (17g)	**Cheese Pizza (35g) **Pro Bean Chili (33g) & 2 Cornbread (58g) **Veggie Power Burger on Bun with BBQ (44g) or with Cheese (40g) <b>COLD ENTREES</b> **Sun Butter Grab-n-Go (70-77g) **Yogurt, Sunflower Seeds & Craisins (52-53g) & Grahams (38g)	 ** Cheese Calzone (33g) *Chicken Drumstick & Waffle (34g) *Spaghetti with Meat Sauce (33g) & Breadstick (17g) <b>COLD ENTREES</b> *Turkey & Cheese Sub (29g) *Italian Salad (9g) & Breadstick (17g)	*Hamburger on Bun (26g) **Veggie Pizza (49g) or Cheese Pizza (44g) *Chicken Fajita (39g) <b>COLD ENTREES</b> *Turkey Ham & Cheese Wrap (37g) *Crispy Chicken Salad (27g) & Breadstick (17g)
<b>Choose 1 or more</b>	*Steamed Cabbage (3g) **Black beans (22g)	*Potato of Choice (15-23g) *Green Beans (5g)	*Corn (17g) *Hot Peach Slices (28g)	*Steamed Broccoli (2g)	*Italian Mixed Vegetables – (5g) zucchini, carrot, cauliflower, Italian green bean & lima bean

**WEEK 4**

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots), and 1% low fat white milk (13g) or fat-free chocolate milk (24g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. \*\*Meatless food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 8/23/2019



	<b>Monday 10/14</b>	<b>Tuesday 10/15</b>	<b>Lean &amp; Green Wed 10/16</b>	<b>Thursday 10/17</b>	<b>Friday 10/18</b>
<b>Entrée – choose 1</b>	*Chicken Enchilada Dip with Tortilla Chips (31g) & Cornbread (29g)  *Pepperoni Pizza (44g)  *Turkey & Cheese Melt (32g)	*Southwest Burger on Bun (26g)  *Chicken and Cheese Taquitos (30g)  *Lasagna (34g) & Breadstick (17g)	**Two Cheese Twisted Stix (38g)  **Spicy Noodle Bowl (55-61g) & Cornbread (29g)  **Cheese & Bean Enchilada (42g)	*Hot Italian Sub (31g)  *Cheesy Chicken Crunch Wrap (56g)  **Veggie Power Burger (39g) or Cheeseburger on Bun (27g)	
	<b>COLD ENTREES</b>  *Turkey Ham & Cheese Sub (32g)  **Yogurt Parfait (72-91g) & Muffin (26-29g)	<b>COLD ENTREES</b>  *Turkey & Cheese Sub (29g)  **Veg Out Sub (43g)	<b>COLD ENTREES</b>  **Egg Salad on Croissant (32g)  **Cottage Cheese (6g) Tortilla Chips (32g) + Fruit	<b>COLD ENTREES</b>  **Citrus Salad (42g) & Breadstick (17g)  **Egg Combo (34-59g)	<b>NO SCHOOL</b>
<b>Choose 1 or more</b>	*Corn (17g)	*Steamed Broccoli (2g)  **Garbanzo beans (20g)	*Tomato Soup (15g) and Saltines (19g)  *Hot Apple Slices (22g)	*Potato of Choice (14-23g)  *Collard Greens (4g)	

**WEEK 1**

	<b>Monday 10/21</b>	<b>Tuesday 10/22</b>	<b>Lean &amp; Green Wed 10/23</b>	<b>Thursday 10/24</b>	<b>Friday 10/25</b>
<b>Entrée – choose 1</b>	*Spicy Chicken Patty on Bun (34g)  *Pepperoni Pizza (44g)  *Taco Salad with Tortilla Chips (29g) & Cornbread (29g)	*Salisbury Steak on Bun (34g)  *Turkey Corn Dog (30g)  **Cheese Stuffed Breadsticks/ Spaghetti Sauce (37g)		*Cheeseburger on Bun (27g)  *Chicken and Noodles (33g) & Cornbread (29g)  **Toasted Cheese Sandwich (34g)	*Chicken Tenders (12g) & Breadstick (17g)  **Veggie Pizza (49g) or Cheese Pizza (44g)  *Cheese & Chicken Burrito (53g)
	<b>COLD ENTREES</b>  *Turkey & Cheese Sub (29g)  **Yogurt Parfait (72-91g) & Muffin (26-29g)	<b>COLD ENTREES</b>  *Turkey Salad on Croissant (37g)  *Crispy Chicken Salad (27g) & Muffin (26-28g)	<b>NO SCHOOL</b>		<b>COLD ENTREES</b>  **Veg Out Sub (38g)  *Italian Salad (9g) & Breadstick (17g)
<b>Choose 1 or more</b>	*Corn (17g)  **Black beans (22g)	*Mashed Potatoes/Gravy (23g)  *Brussels Sprouts (7g)		**Potato of Choice (14-23g)  *Steamed Broccoli (2g)	*Mixed Vegetables – corn, peas, carrots, green & lima beans (9g)

**WEEK 2**

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