



	Monday 10/18	Tuesday 10/19	Lean & Green Wed 10/20	Thursday 10/21	Friday 10/22
Entrée – choose 1	*Chicken Enchilada Dip with Tortilla Chips (31g) & Dinner Roll (16g) *Pepperoni Pizza (34g) *Turkey & Cheese Melt (32g)	*Southwest Burger on Bun (26g) *Chicken and Cheese Taquitos (30g) *Lasagna (29g) & Dinner Roll (16g)	**Fiesta Rice and Tortilla Chips (56g) **Cheese & Bean Enchilada (42g) **French Bread Cheese Pizza (33g)	*Hot Italian Sub (31g) *Cheesy Chicken Crunch Wrap (52g) * Hamburger on Bun (26g)	*Spicy Chicken Tenders (9g) & Dinner Roll (16g) **Veggie Pizza (39g) or Cheese Pizza (34g) *Chili Cheese Coney (26g)
	COLD ENTREES *Turkey Ham & Cheese Wrap (33g) **Cheese (2g) + Cinnamon Roll (36g) + Fruit	COLD ENTREES *Turkey & Cheese Sub (29g) **Citrus Salad (42g) & 2 Dinner Rolls (32g)	COLD ENTREES **Sun Butter Grab-n-Go (70-77g) **Yogurt Parfait (53-58g) & Muffin (26-29g)	COLD ENTREES **Egg Combo (34-59g) *Chef Salad (16g) & Cornbread (32g)	COLD ENTREES *Spicy Chicken Wrap (38g) **Veg Out Wrap (40g)
Choose 1 or more	*Corn (14g) **Garbanzo beans (20g)	*Potato of Choice (20-28g) *Steamed Broccoli (2g)	*Green Beans (5g) *Hot Cinnamon Apples (22g)	*Potato of Choice (20-28g) *Collard Greens (4g)	**Baked Beans (28g)

WEEK 1

	Monday 10/25	Tuesday 10/26	Lean & Green Wed 10/27	Thursday 10/28	Friday 10/29
Entrée – choose 1	*Spicy Chicken Patty on Bun (34g) *Pepperoni Pizza (34g) *Taco Salad with Tortilla Chips (26g) & Dinner Roll (16g)	*Salisbury Steak on Bun (36g) *Chicken Corn Dog (25g) **Cheese Stuffed Breadsticks/ Spaghetti Sauce (37g)		**Toasted Cheese Sandwich (34g) *Cheeseburger on Bun (27g) *General Tso Chicken over Rice (56g)	*Chicken Tenders (12g) & Dinner Roll (16g) **Veggie Pizza (39g) or Cheese Pizza (34g) *Cheese & Chicken Burrito (50g)
	COLD ENTREES *Turkey & Cheese Sub (29g) **Yogurt, Sunflower Seed & Craisins (52-53g) & Grahams (38g)	COLD ENTREES *Buffalo Chicken Wrap (32g) *Crispy Chicken Salad (27g) & Muffin (26-28g)	NO SCHOOL	COLD ENTREES **Macaroni Salad with Egg (27g) *Italian Salad (9g) & Cornbread (32g)	COLD ENTREES *Turkey Ham & Cheese Wrap (33g) *Chef Salad (16g) & Cornbread (32g)
Choose 1 or more	*Corn (14g) **Black beans (22g)	*Potato of Choice (20-28g) *Brussels Sprouts (7g)		*Tomato Soup (15g) and Crackers (14g) *Steamed Broccoli (2g)	*Mixed Vegetables – corn, peas, carrots, green & lima beans (9g)

WEEK 2

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots); students may have as many fresh fruits and vegetables that they would like to eat. A choice of 1% low fat white milk (13g) or fat-free chocolate milk (22g) 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. **Vegetarian high protein 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 10/21/2021

	Monday 11/1	Tuesday 11/2	Lean & Green Wed 11/3	Thursday 11/4	Friday 11/5
Entrée – choose 1	*BBQ Beef Rib Sub (40g) *Pepperoni Pizza (34g) *Chili with Tortilla Chips (44g) & Dinner Roll (16g)		**Veggie Pasta Bake (41g) & Dinner Roll (16g) **Blazin’ Buffalo Wrap (49g)  ** OH Day Sausage Style Pizza (45g)	*Hamburger on Bun (26g) *Turkey Divan (35g) & Biscuit (27g) *Hot & Spicy Chicken Drumstick (6g) & Biscuit (27g)	*Spicy Chicken Tenders (9g) & Dinner Roll (16g) **Veggie Pizza (39g) or Cheese Pizza (34g) *Fiesta Nachos (36g)
	COLD ENTREES *Regular (40g) or Spicy Chicken Wrap (38g) **Cheese (2g) + Cinnamon Roll (36g) + Fruit	NO SCHOOL	COLD ENTREES **Sun Butter Grab-n-Go (70-77g) **Yogurt Parfait (53-58g) & Muffin (26-29g)	COLD ENTREES **Citrus Salad (42g) & Biscuit (27g) **Veg Out Wrap (40g)	COLD ENTREES *Turkey Ham & Cheese Sub (32g) *Chef Salad (16g) & Cornbread (32g)
Choose 1 or more	*Corn (14g)		*Green Beans (5g)  OH Day Salad Mix (3g) *Hot Cinnamon Apples (22g)	*Potato of Choice (15-28g) *California Mixed Vegetables (3g)	*Steamed Broccoli (2g) **Black beans (22g)

WEEK 3

	Monday 11/8	Tuesday 11/9	Lean & Green Wed 11/10	Thursday 11/11	Friday 11/12
Entrée – choose 1	*Cheeseburger on Bun (27g) *Pepperoni Pizza (34g) *Chicken Fried Rice (54g)	*Chicken Boneless Wings (15g) & Dinner Roll (16g) **Cheese Stuffed Breadsticks/ Spaghetti Sauce (37g) *Turkey Sausage & French Toast Sticks (59g)	**Oriental Stir Fry over Rice (54g) **Veggie Power Burger on Bun with BBQ (44g) or Cheese (40g) **French Bread Cheese Pizza (33g)	**Cheese & Bean Enchilada (42g) *Chicken Drumstick & Waffle (35g) *Spaghetti with Meat Sauce (40g) & Dinner Roll (16g)	*Salisbury Steak on Bun (36g) **Veggie Pizza (39g) or Cheese Pizza (34g) *Chicken Fajita (35g)
	COLD ENTREES *Buffalo Chicken Wrap (32g) **Yogurt, Sunflower Seeds & Craisins (52-53g) & Grahams (38g)	COLD ENTREES **Veg Out Wrap (40g) *Chef Salad (16g) & Cornbread (32g)	COLD ENTREES **Macaroni Salad with Egg (27g) **Yogurt Parfait (53-58g) & Muffin (26-29g)	COLD ENTREES *Turkey Ham & Cheese Wrap (33g) *Italian Salad (9g) & Cornbread (32g)	COLD ENTREES *Turkey & Cheese Sub (29g) *Crispy Chicken Salad (27g) & Muffin (26-28g)
Choose 1 or more	*Steamed Cabbage (3g) **Black beans (22g)	*Potato of Choice (20-28g) *Green Beans (5g)	*Corn (14g) *Hot Cinnamon Peaches (28g)	*Potato of Choice (20-28g) *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); students may have as many fresh fruits and vegetables that they would like to eat. A choice of 1% low fat white milk (13g) or fat-free chocolate milk (22g) 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. **Vegetarian high protein 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 10/21/2021