

# Lunch Pre-K

OCTOBER 2023

MON	TUE	WED	THU	FRI
<p>2</p> <p>Chicken Meatballs in Tomato Sauce w/ Mozzarella Cheese &amp; Roll</p> <p>Cheese Raviolis w/ Tomato Sauce (V)</p> <p>Italian Vegetables</p> <p>Apple Slices</p>	<p>3</p> <p>Chicken Mole w/ Brown Rice Pilaf &amp; Green Peas</p> <p>Spanish Rice &amp; Beans w/ Plantain(V)</p> <p>Fresh Pear</p>	<p>4</p> <p>Chicken Fingers w/ Ketchup</p> <p>Falafel Nuggets w/ Whole Wheat Bread Slice (V)</p> <p>Corn</p> <p>Fresh Apple</p>	<p>5</p> <p>Penne w/ Beef Meat Sauce</p> <p>Penne w/ Tomato Sauce, Mozzarella, &amp; Ricotta Cheese (V)</p> <p>Italian Vegetables</p> <p>Orange slices</p>	<p>6</p> <p>Home-Style Macaroni &amp; Cheese w/ Broccoli (V)</p> <p>Fresh Apple</p>
<p>9</p>	<p>10</p> <p>Turkey Chili w Whole Wheat Bread Slice &amp; Mixed Vegetables</p> <p>Spanish Rice &amp; Beans w/ Plantain ( V)</p> <p>Fresh Apple</p>	<p>11</p> <p>Cheese Raviolis w/ Tomato Sauce &amp; Italian Vegetables (V)</p> <p>Fresh Pear</p>	<p>12</p> <p>BBQ Chicken w/ Sweet Mashed Potatoes</p> <p>Home-Style Macaroni &amp; Cheese w/ Broccoli (V)</p> <p>Orange Slices</p>	<p>13</p> <p>Penne w/ Tomato Sauce, Mozzarella, &amp; Ricotta Cheese (V)</p> <p>Italian Vegetables</p> <p>Fresh Apple</p>
<p>16</p> <p>Beef Burger w/ Ketchup &amp; Green Beans</p> <p>Spanish Rice &amp; Beans w/ Plantain (V)</p> <p>Apple Slices</p>	<p>17</p> <p>Pasta &amp; Chicken Meatballs in Tomato Sauce w/ Italian Vegetables</p> <p>Falafel Nuggets w/ Whole Wheat Bread Slice &amp; Corn (V)</p> <p>Fresh Pear</p>	<p>18</p> <p>Chicken Alfredo w/ Penne Pasta</p> <p>Home-Style Macaroni &amp; Cheese (V)</p> <p>Broccoli</p> <p>Fresh Apple</p>	<p>19</p> <p>Meatloaf w/Gravy &amp; Mashed Potatoes</p> <p>Cheese Raviolis w/ Tomato Sauce &amp; Italian Vegetables (V)</p> <p>Orange Slices</p>	<p>20</p> <p>Cheese Pizza (V)</p> <p>Garden Salad w/ Ranch Dressing</p> <p>Fresh Apple</p>
<p>23</p> <p>Chicken Parmesan w/ Green Beans</p> <p>Penne w/ Tomato Sauce, Mozzarella, &amp; Ricotta Cheese (V)</p> <p>Apple Slices</p>	<p>24</p> <p>Spanish Rice &amp; Beans w/ Plantain ( V)</p> <p>Fresh Apple</p>	<p>25</p> <p>Salisbury Steak w/ Roasted Potatoes</p> <p>Falafel Nuggets w/ Whole Wheat Bread Slice &amp; Corn (V)</p> <p>Fresh Pear</p>	<p>26</p> <p>Caribbean Pineapple Chicken w/ Brown Rice &amp; Carrots</p> <p>Home-Style Macaroni &amp; Cheese w/ Broccoli (V)</p> <p>Orange Slices</p>	<p>27</p> <p>Turkey Fajita w/ Brown Rice &amp; Corn</p> <p>Cheese Pizza w/ Garden Salad &amp; Ranch Dressing (V)</p> <p>Fresh Apple</p>
<p>30</p> <p>Chicken Meatballs in Tomato Sauce w/ Mozzarella Cheese &amp; Roll</p> <p>Cheese Raviolis w/ Tomato Sauce (V)</p> <p>Italian Vegetables</p> <p>Apple Slices</p>	<p>31</p> <p>Chicken Mole w/ Brown Rice Pilaf &amp; Green Peas</p> <p>Spanish Rice &amp; Beans w/ Plantain(V)</p> <p>Fresh Pear</p>			

## DID YOU KNOW...

- ✓ All grain products are wholegrain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

## Lunch Milk Choices

- 1% Unflavored Milk
- Skim Unflavored Milk

## Please Note

Locally Grown Component Served Daily

Menu is subject to change

Vegetarian Meal Options are indicated with a "V"



# Lunch K-8

OCTOBER 2023

MON	TUE	WED	THU	FRI
<b>2</b> BBQ Beef Meatballs w/ Club Roll  Pasta w/ Tomato Sauce & Mozzarella Cheese (V)  Broccoli  Fresh Apple	<b>3</b> Chicken Tenders w/ Ketchup & Roasted Potatoes  Protein Pasta Alfredo w/ Peas (V)  Fresh Pear	<b>4</b> Turkey Hot Dog w/ Ketchup & Baked Beans  Spanish Rice w/ Beans & Cheese (V)  Fresh Apple	<b>5</b> Chicken Caesar Salad w/ Pita Bread  Cheese Lasagna in Tomato Sauce w/ Green Beans (V)  Fresh Banana	<b>6</b> Chicken Breast Sandwich w/ Mayonnaise  French Bread Cheese Pizza (V)  Baby Carrots w/ Ranch Dressing  Fresh Apple
<b>9</b>	<b>10</b> Chicken Fajita w/ Black Beans & Tomato  Spanish Rice w/ Beans & Cheese (V)  Fresh Pear	<b>11</b> Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli  Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V)  Fresh Apple	<b>12</b> <b>NEW!</b> Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing  Cobb Salad w/ Pita Bread (V)  Fresh Banana	<b>13</b> Turkey & Cheese Sandwich w/ Mayonnaise  Cheese Pizza (V) Baby Carrots w/ Ranch Dressing  Fresh Apple
<b>16</b> Chicken Nuggets w/ Ketchup & Baked Beans  Falafel Bites w/ Quinoa Pilaf Black Beans & Tomato (V)  Fresh Apple	<b>17</b> Beef Meatballs in Tomato Sauce w/ Club Roll  Home-Style Macaroni & Cheese (V)  Broccoli  Fresh Pear	<b>18</b> <b>NEW!</b> Adobo Chicken w/ Cilantro Brown Rice & Street Corn  Veggie Burger w/ Ketchup & Roasted Potatoes (V)  Fresh Apple	<b>19</b> Chicken Tamale w/ Spanish Rice & Refried Beans Baby Carrots w/ Ranch Dressing  French Toast Sticks w/ Scrambled Eggs & Roasted Sweet Potatoes (V)  Fresh Banana	<b>20</b> Egg Salad Sandwich (V)  French Bread Cheese Pizza (V)  Celery w/ Ranch Dressing  Fresh Apple
<b>23</b> Meatloaf w/ Gravy & Mashed Potatoes  Cheese Quesadilla w/Street Corn (V)  Fresh Apple	<b>24</b> <b>NEW!</b> Sweet & Sour Meatballs w/ Brown Rice  Cheese Raviolis (V)  Green Beans  Fresh Pear	<b>25</b> BBQ Chicken w/ Brown Rice & Baked Beans  Chickpea Marinara Pasta (V)  Fresh Apple	<b>26</b> Turkey Fajita w/ Brown Rice & Carrots  Stuffed Bread Sticks w/ Marinara & 100% Vegetable Juice (V)  Fresh Banana	<b>27</b> Chicken Salad Sandwich  Cheese Pizza (V)  Garden Salad w/ Ranch Dressing  Fresh Apple
<b>30</b> BBQ Beef Meatballs w/ Club Roll  Pasta w/ Tomato Sauce & Mozzarella Cheese (V)  Broccoli  Fresh Apple	<b>31</b> Chicken Tenders w/ Ketchup & Roasted Potatoes  Protein Pasta Alfredo w/ Peas (V)  Fresh Pear			

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