

October 2021 Lunch 4:30 PM-5:30:00 PM

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. **(*)=Made from scratch** **(WG) = Whole Grain**

Mon	Tue	Wed	Thur	Fri
				1. American Chop Suey Garden Salad Fresh Fruit 1% Unflavored Milk
4. Sloppy Joe Sandwich*(WG) Italian Vegetables Fresh fruit 1% Unflavored Milk	5. Chicken Caesar Salad Plate Dinner Roll (WG) Fresh Fruit 1% Unflavored milk	6. Meatball Sub Sandwich (WG) Garden Salad Fresh Fruit 1% Unflavored Milk	7. Roasted Chicken Breast Rice and Beans(WG) Sweet Corn Tropical Fruit 1% Unflavored Milk	8. Ham and Cheese Deluxe Sandwich* (WG) Garden Salad Fresh Fruit 1% Unflavored Milk
11. Spaghetti and Meatballs(WG) Garden Salad Fresh Fruit 1% Unflavored Milk	12. Vegetarian Rice and Beans Green Beans Fresh Fruit 1% Unflavored Milk	13. Beef Stew* Buttermilk Biscuit(WG) Fresh Fruit Roasted Vegetables 1% Unflavored Milk	14. Chicken Patty Garden Salad Fresh Fruit 1% Unflavored Milk	15. Macaroni and Cheese* (WG) Green Beans Fresh Fruit 1% unflavored milk
18. Swedish Meatballs Egg Noodles Fresh Fruit Green Beans 1% Unflavored Milk	19. Beef Taco on a Flour Tortilla* (WG) Garden Salad Fresh Fruit 1% Unflavored Milk	20. Pulled Pork on a Bun (WG) Coleslaw Tropical Fruit 1% Unflavored Milk	21. Sausage and Pepper Bake* Egg Noodles (WG) Garden Salad 1% Unflavored Milk	22. Three Cheese French Bread Pizza* (WG) Garden Salad Fresh fruit 1% Unflavored Milk
25. Hearty Beef and Bean Chili* Dinner Roll (WG) Southwestern Corn Fresh Fruit 1% Unflavored Milk	26. Chicken Tacos on a flour tortilla*(WG) Garden Salad Tropical Fruit 1% Unflavored Milk	27. BBQ Chicken Thigh Rice (WG) Seasoned Corn Mandarin Oranges 1% Unflavored Milk	28. Beef Macaroni and Cheese* (WG) Green Beans Fresh Fruit 1% Unflavored Milk	29. Pasta with Meat Sauce (WG)* Mixed Italian Salad Mandarin Oranges 1% Unflavored Milk

All Meals Subject to change

This Institution is an equal opportunity provider