
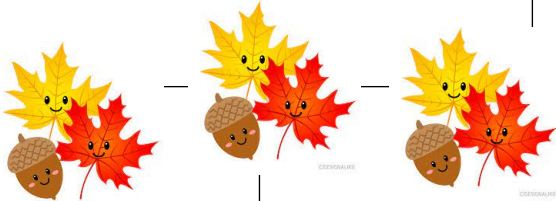



One carton of milk is included with a meal. Additional cartons are \$0.50 each. This institution is an equal opportunity provider.		<h2 style="text-align: center;">October 2023 K-4 Lunch Menu</h2>			
Monday	Tuesday	Wednesday	Thursday	Friday	
2	3 Alt: Sunbutter & Jelly, Yogurt, Goldfish Crackers	4 Alt: Hawk Dunker w/wo Marinara	5 Alt: Crispy Chicken Sandwich OR Vegetarian Chicken Nuggets w/Breastick	6 Alt: Pretzel Dog OR Vegan Burger on a Bun	
NO SCHOOL		(Papa Johns @ Crest) Beef & Cheese Nachos, Tortilla Chips, Baby Carrots, Salsa (Red Pepper Strips @ Crest), Corn, Lime Applesauce, Fresh Pears, Milk	Chicken Spaghetti, Tossed Salad, Roasted Cauliflower, Red Apple Slices, Diced Peaches, Milk	Ham and Turkey Sub Sandwich, Pasta Salad, Baked Beans, Cucumber Moons, Strawberries & Bananas, Pineapple, Milk	Pepperoni Pizza, Baby Carrots, Green Pepper Strips, Slushie, Grapes, Milk
9 Alt: Quesadilla	10 Alt: Sunbutter & Jelly, Yogurt, Goldfish Crackers	11 Alt: Hawk Dunker w/wo Marinara	12 Alt: Crispy Chicken Sandwich OR Vegetarian Chicken Nuggets w/Breastick	13 Alt: Pretzel Dog OR Vegan Burger on a Bun	
Mini Corn Dogs, Baked Beans, Chilled Peas, Mandarin Oranges, Pineapple, Milk	(Papa Johns @ Heights) Chili w/wo Cheese, Cinnamon Roll, Goldfish Crackers, Carrots and Celery, Red Apple Slices, Craisins, Milk	Popcorn Chicken, Fresh Baked Roll, Tots, Broccoli Dippers, Applesauce, Orange Wheels, Milk	Mac n Cheese, Little Smokies, California Blend, Red Pepper Strips, Grapes, Mixed Fruit, Milk	Cheese Pizza, Baby Carrots, Cucumber Coins, Banana, Orange Juice Cup, Milk	
16	17 Alt: Sunbutter & Jelly, Yogurt, Goldfish Crackers	18 Alt: Hawk Dunker w/wo Marinara	19 Alt: Crispy Chicken Sandwich OR Vegetarian Chicken Nuggets w/Breastick	20 Alt: Pretzel Dog OR Vegan Burger on a Bun	
NO SCHOOL		(Papa Johns @ Hill) French Toast, Omelet, Baby Carrots, Red Pepper Strips, Orange Wheels, Rosey Applesauce, Milk	Chicken Drummies, Roll (998810), Malibu Blend, Cucumber Moons, Diced Pears, Peach Slices, Milk	Beef & Cheese Walking Tacos, Lettuce, Diced Tomatoes, Salsa, Refried Beans, Banana, Green Apple Slices, Milk	Pepperoni Pizza, Grape Tomatoes, Chilled Peas, Grapes, Fresh Pear Slices, Milk
23 Alt: Quesadilla	24 Alt: Sunbutter & Jelly, Yogurt, Goldfish Crackers	25 Alt: Hawk Dunker w/wo Marinara	26 Alt: Crispy Chicken Sandwich OR Vegetarian Chicken Nuggets w/Breastick	27 Alt: Pretzel Dog OR Vegan Burger on a Bun	
Deli Turkey & Cheese Sandwich, LTO, Baked Beans, Sun Chips, Applesauce, Grape Juice, Milk	(Papa Johns @ Ridge & View) Crispito, Chips & Queso, Corn, Tossed Salad, Grape Tomatoes, Tropical Fruit Salad, Red Apple Slices, Milk	Pot Stickers, Stir Fry Veggies, Baby Carrots, Mandarin Oranges, Green Apple Slices, Milk	Burger w/wo Cheese, Ranch Wedges, LTO, Orange Wheels, Melon, Milk	Taco Pizza, Broccoli Dippers, Wango Mango, Red Apple Slices, Banana, Milk	
30	31 Alt: Sunbutter & Jelly, Yogurt, Goldfish Crackers				
Grilled Cheese & Soup, Roasted Green Beans, Tuscan White Bean Salad, Pear Slices, Applesauce, Milk	(Papa Johns @ Crest) Nacho Bites, Corn, Red Pepper Strips, Pineapple, Orange Wheels, Milk				